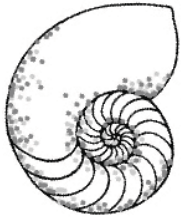


Swampscott Senior Center



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 2012

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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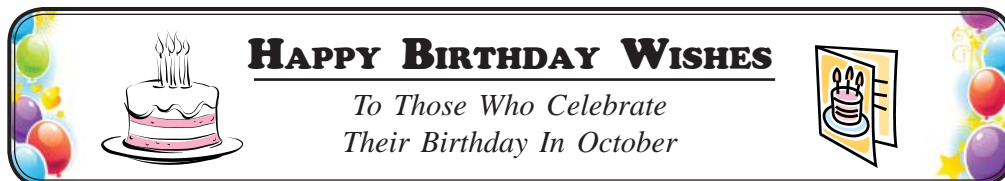
Hi folks,

We have some interesting news for all our members, the Friends of the Swampscott Senior Center has just finished its annual fund raiser. Once again many of you were very generous and a substantial amount was raised. Many of the programs paid for by the Friends will continue and help to make this one of the more active Senior Centers on the North Shore. Donations are still being accepted.

More good news, a grant application has resulted in a grant of \$1,400 from the Greater Lynn Senior Services. The grant was written by Marilyn who once again did a wonderful job. The grant will provide funds to have the center opened one day a month on a weekend during the next nine months. Many of our seniors do not enjoy weekends because they are lonely and often do not eat appropriately. By having the center open on a weekend we remove the problem of parking for special events and address both the loneliness and not eating properly problems. We have already had one trial run with a pizza and bingo lunch in September. We had over thirty people and everybody had a great time. We also learned from our mistakes and will have an even better pot Luck Dinner on Monday, October 8th, Columbus Day, with music and a sing along, the time has yet to be decided. Also please read about our new upcoming classes and lectures in the body of this news letter.

Hope you all have a great fall season and we get many beautiful colors on our local trees.

Rod



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 or 978-910-0486 for the Salem office. 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 wake up every morning with a stiff, sore back. Should I get a new mattress, or is it just my arthritis?

Answer. Sleeping can be a complex and elusive task, especially as we age! Many older people report difficulty sleeping, either due to frequent trips to the bathroom or problems getting comfortable. The right mattress, style and combination of pillows, and sleeping position are important for optimal comfort while sleeping.

There is no one right mattress for everyone. Advertising may lead us to believe that a hard mattress is the best. This is not true. The best mattress is the one that is the most comfortable for you, and allows you to wake up feeling well rested and the least stiff and sore. It can be difficult to figure this out while at a mattress store, but the best way is to try them. A mattress that is moderately firm but not too hard works best for most people. If a mattress is too hard for you, when you lay on your back you will notice that your lower back is kept in an increased arch, creating more space between your lower back and the mattress. This arch does not let the structures of your lower back rest. To reduce this arch, you may want to bend your knees in order to flatten your lower back against the mattress. Many people, especially those with arthritic lower backs, spinal stenosis, or disc disorders, will find it more comfortable to place a pillow under the knees while sleeping on their back. This bending of your knees reduces the pressure and decreases stress on your lower back. It is also a good idea while lying on your side to use a pillow between your legs to decrease pressure on your back, hips and knees. This is especially important for women, who tend to have wider hips than men. In contrast, a mattress that is too soft will not support your back or pelvis adequately. As muscles relax through the night, this may create strain on the ligaments and lead to increased stiffness on waking.

Finding which pillow or pillows works best for you can also be confusing. Many types of special cervical (neck) pillows are available these days. Whether you chose to use one of the specially textured resilient pillows, a down or a foam pillow, be sure that your head and neck feel well supported while sleeping. Use your pillow to help maintain your neck in a neutral position, meaning not arched back, bent forward, tilted to the side or twisted.

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.

A TRIP TO THE OAKWOOD FARM CHRISTMAS BARN

Take a ride to the western part of Massachusetts and enjoy browsing in a 150 year old barn full of unique items. Enjoy a lovely lunch at the Salem Cross Inn; wander through the Yankee Candle shop with its many rooms and aromas. The cost for this entire day trip will be \$58.00 per person. A minimum of 35 people will be required to book this trip scheduled for Wednesday, December 5th. Sign-up as soon as possible if you are interested.

MEET WITH THOMAS YOUNGER

Thomas Younger, our town manger, will be at the Senior Center every month to meet with any Swampscott senior. His next meeting date will be Wednesday, October 3rd from 11:00 to 11:45. If you would like to have a one on one discussion with Mr. Younger, contact the center to make your appointment.

TRIP TO FOXWOODS

The Senior Center is planning another trip to the Foxwoods Casino on Sunday, October 21st. The bus will leave Walgreen's at Vinnin Square at approximately 7:00 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.



WHERE'S THE CARE

Where is the care? How do you find assistance with issues on aging? Where do you go for help? This free seminar will guide you with navigating through the many choices and resources available. Come join us at the Senior Center on Thursday, October 11th at 12:45 pm. Contact the center to sign-up.

NEW CANASTA CLASS

A new Canasta class will be starting Tuesday, October 16th from 10:00 am to 12:00 noon. There will be six lessons for a total cost of \$30.00 per person. Sign-up and save your seat for fun and games.

HALLOWEEN PARTY

The Senior Center will be having a Halloween party on Saturday, October 27th from 12:00 to 3:00 pm. There will be a catered meal and entertainment, wear black and orange or a costume. Howie will be bringing his Senior Tones for entertainment. The cost is \$5.00 per person with a limited seating, so sign up early.





BASIC COMPUTER CLASS

The basic computer class will meet on the four Thursday's in October (October 11th thru October 25th) from 2:45 to 4:00 pm. The cost for the four sessions will be \$35.00 per person, but if more than eight people sign up the price will be reduced to \$30.00. Contact the center to save your seat.

LOOKING FOR HIGH SCHOOL LIBRARY VOLUNTEERS

The High School is looking for six volunteers to work in their library for two hours, you will be trained if necessary. Also they are looking for someone with a creative flair to come in periodically and update their bulletin boards. Contact Doris Gallant, Librarian at 781- 596-8830, Ext. 5521 or email her at gallant@swampscottk12.ma.us if you are interested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Bridge Group 1 9:30 Golf/Bowling 9:30 Mah Jongg 9:50 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	8:45 Stretch & Tone 2 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	10:00 Creative Writing 3 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	9:00 Total Senior Fitness 4 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	5 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
8 POT LUCK SUPPER 	8:45 Stretch & Tone 9 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	10 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	11 9:00 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	12 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Bridge Group 15 9:30 Golf/Bowling 9:30 Mah Jongg 9:50 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	8:45 Stretch & Tone 16 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	17 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	18 9:00 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	19 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Bridge Group 22 9:30 Golf/Bowling 9:30 Mah Jongg 9:50 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	8:45 Stretch & Tone 23 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	24 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	25 9:00 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	26 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Bridge Group 29 9:30 Golf/Bowling 9:30 Mah Jongg 9:50 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket	8:45 Stretch & Tone 30 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	31 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	<div>  </div>	

SENIOR CENTER HOURS Monday, Tuesday and Thursday 9:00 am. to 3:00 pm. . Wednesday and Friday 10:30 am. to 3:00 pm.

Requested Donation is
\$2.00 per Meal

Greater Lynn Senior Services
COMMUNITY CAFE MENU

Lunch is served daily
at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meatballs Italian Green Beans WW Roll Chilled Fruit ALTERNATIVE Veggie Quiche/ Potato	2 Cranberry Glazed Boneless Chicken Garlic Whipped Potato Fiesta Veggies Fresh Fruit ALTERNATIVE Spanish Fish	3 Beef Stew Diced Potato Stew Veggies Pudding ALTERNATIVE Chicken Marsala	4 Potato Chowder Turkey Salad/ WW Tossed Salad Chilled Fruit ALTERNATIVE Egg Salad/ WW	5 Hot Dog/ Roll Veggie Baked Beans Cole Slaw Jell-o ALTERNATIVE Beef Strip Steak
8 HOLIDAY NO FOOD SERVICE	9 Pasticchio Roman Blend Veggies Cookie ALTERNATIVE Chicken Filet WW Bulkie	10 Veggie Lentil Soup Tarragon Tyson Chicken Lyonnaise Potatoes Chilled Fruit ALTERNATIVE Salisbury Steak	11 Stuffed Pepper Steamed Buttered Potato Green & Golden Beans Fresh Fruit ALTERNATIVE Turkey Ham/Hawaiian Sauce	12 Fish Florentine Oven Roasted Potato Tuscany Veggies Muffin/ Chilled Fruit ALTERNATIVE Spanish Sheppard's Pie
15 Chick Broccoli Pasta Casserole Carrots Chilled Fruit ALTERNATIVE Meatballs/Gravy Potato	16 OCTOBER SPECIAL Beef Burgundy Seasoned Red Bliss Potato Capri Veggies Buttermilk Biscuit Chocolate Chip Pumpkin Bread Pudding	17 Roast Turkey/ Gravy Sweet Potato Peas & Mushroom Fresh Fruit ALTERNATIVE Pork Patty / Gravy	18 Chili/ Shredded Cheese Steamed Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Teriyaki	19 Garden Veggie Soup Meatloaf/ Gravy Whipped Potato Jell-o ALTERNATIVE Chicken Filet/ Roll
22 Lasagna/Meat Sauce Spinach / Garlic Roll Chilled Fruit ALTERNATIVE Mushroom Quiche Whipped Potato	23 Honey Mustard Tyson Chicken Cheddar Whipped Potato Veggie Ratatouille Pudding ALTERNATIVE Liver & Onions/Gravy	24 Rib-B-Q/ Gravy Brown Rice Pilaf Butternut Squash Chilled Pineapple ALTERNATIVE Spanish Chicken/Rice & Beans	25 Cream of Broccoli Soup Roast Pork/ Gravy Baked Potato/ Sour Cream WW Roll/ Fresh Fruit ALTERNATIVE Chicken Paprika	26 Potato Crunch Fish/ Sauce Whipped Potato Green Beans & Red Pepper Cake ALTERNATIVE Dominican Beef Stew
29 Hamburger/ Roll O'Brien Potato Corn Chilled fruit ALTERNATIVE Omelet w/Cheese Sauce	30 Lemon Dijon Boneless Chicken Delmonico Potato California Blend veggies Muffin/ Fresh Fruit ALTERNATIVE Haitian Turkey	31 Stuffed Shells/ Meat Sauce Green Beans & Red Pepper Halloween Cookie ALTERNATIVE Chicken Marsala Whipped Potato		

A NEW AUTUMN ART CLASS

The Senior Center will be starting a new six week art class consisting of painting on bisque. The class will meet every Thursday from 1:00 pm to 3:00 pm, and will start Thursday, October 11th and continue until Thursday, November, 15th. Professional artist and former Senior Center staff member Anne Bowen will be instructing the class and you will paint your own design, or use stamps, stencils or teacher assisted patterns with non-toxic glazes on three pre-fired bisque shapes, a bud vase, a six inch tile and small plate. The pieces will be fired with a glaze for a beautiful finished piece of art for you or as a personalized gift. The total cost for this class will be \$35.00 and includes materials and firing. There is a firm limit of twelve participants, so reserve your spot early.



IT'S THAT TIME OF YEAR AGAIN

It's getting close to the "Annual Open Enrollment Period". That's a fancy title for the period of time from October 15th to December 7th when you can either change or enroll into Medicare related medical or you can review your present insurance with a SHINE counselor and get some pesky questions answered. For example, have you ever wondered if you could qualify for government funded programs relieving you from high prescription costs? The Swampscott Senior Center has a trained certified SHINE counselor providing health information needs to our seniors. As we get closer to the annual enrollment period we will be establishing appointment times for those interested.

VISION AND HEARING LECTURE

Help for dual sensory loss: coping with reduced vision and hearing. Do you or a family member have difficulty with vision and hearing? Come to a special lecture by Dr. Robert Freedman from the Eye Center of the North Shore in Salem and Dr. Joan McCormack, Audiologist with Atlantic Hearing Care in Swampscott scheduled for Thursday, October 25th at 12:30 pm. Learn the early symptoms and effects of hearing loss and low vision and what can be done to help.

PARKINSONS COMMUNITY WELLNESS CLASS

Who: Individuals with Parkinson's disease

What: Wellness group led by a licensed physical therapist and speech therapist. Includes, exercises to improve endurance and mobility, practice for functional activities such as rising from a chair and handwriting, and group discussions to help develop strategies to address specific problems, improve function, and improve quality of life.

Where: Gordon College Center for Balance, Mobility and Wellness.

When: Starting October 9th, Tuesdays and Fridays from 10:30AM to 12:00PM for 6 weeks total for a cost of \$249.00. For more information please contact Dede at (978) 867-4095.

MAH JONGG LESSONS

The Senior Center will be starting a new Mah Jongg class for those who would like to learn how to play. The class will start Monday, October 15th at 9:00 am. The cost will be \$20.00 for twelve lessons or more and will include the Mah Jongg card. Contact the center if you are interested.



THANKS TO LEAHY LANDSCAPING AND OTHERS

Friends of the Swampscott Senior Center would like to thank Matt Leahy, of Leahy Landscaping, for his generous donation of labor and materials for removing all those stumps from the gardens and then replacing them with beautiful ever blooming roses and hydrangeas. We are very grateful for this lovely addition to the gardens and of course, our continuing gratitude to Debbie Bogardus, Linda Hinchey, Donna Butts and Shelia Leahy for overseeing the gardens and Bob Pierse for providing his services to power wash the centers walk area and cutting our grass. They continue to bring a smile to all as we enter our building.

GE MATCHING GIFT PROGRAM

If you are a current or retired GE employee, and are making a donation to our Senior Center Annual Appeal, please make a notation and write on your check "Eligible for GE Foundation Match". Then call 1-800-305-0669, the GE Matching Gift Center, and give them your social security number along with our zip code, 01907, the amount and date of your gift and they will match your donation!! Please take a moment to help this program grow. The GE employee matching gift program is an important element of the GE Foundation portfolio. Gifts matched in 2011 totaled \$35 million!! Please don't let this amazing, generous opportunity go to waste. Thank you. The Friends of the Swampscott Senior Center.

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: _____