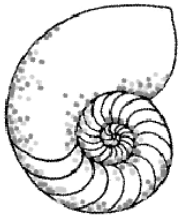


Swampscott Senior Center



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

APRIL 2013

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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Alice Griffin

Norma Freedman
Felice Litman
Debbie MacLean
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Donna Carmody
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OUTREACH WORKER: Bill Foley
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GLSS SITE MANAGER: Helen Richard

Hello friends and family members,

We had a very busy month of March. Changing our clocks gave us more day light time which we all welcome. However that big snow storm on March 8th was quite a surprise. Our St. Patrick's Day party was a big success. Paul Carroll was a wonderful Irish Tenor who sang all the traditional songs with skill and enthusiasm. Everyone had a grand time. These monthly weekend events have been well attended and very successful. It is often difficult to sit alone from Friday night until Monday morning when the Senior Center opens again. Good idea, Rod!

What are your plans for spring? Do you anticipate planting your garden or getting involved in spring cleaning or home improvement projects? Just remember that as we grow older we need to plan to do these tasks with care and perhaps with more time allocated than we did in the past. Please be careful on ladders and when you get down on your knees look for something to support your weight as you come to a standing position. Several of our seniors have had accidents trying to take down curtains or when they are trying to rearrange the many toiletries or cleaning products under the bathroom or kitchen sinks. Falls are often the cause of serious health problems for seniors.

This month our Thursday lecture series will begin again with Don Doliber who will present a humorous presentation on his family's genealogy search. It will be on April 11 after lunch from 12:45 until about 2:00. Don is a retired educator and a known historian with Marblehead and North Shore history as part of his repertoire. Don't miss this. We are fortunate to have him as a guest lecturer. Sign up at the front desk. Light refreshments will be served. See you there. Enjoy the month

Marilyn

When I turn Eighty

When I turn eighty things are going to change
I'll stop making my bed and trying to rearrange
I will drive no more and leave it to the young
No need for me to become unstrung

When I turn eighty, you just watch
I won't comb my hair or try hard to match
With loud clashing plaids and bright colored clothes
No socks on my feet and uncovered toes

When I turn eighty I'll do just what I pleased
No sense in trying to beg on your knees
I won't fold the laundry, there is just no use
It's a waste of time, a ridiculous ruse

When I turn eighty I'll throw out the TV
There's just nothing of interest I want to see
I'll dance to the music on my beautiful Bose
Barefoot and carefree and not wearing hose

When I turn eighty who is to care
If I do what I want, and refuse to share
Time is too short and I'm growing quite old
I've just been too quiet, it's time to be bold

Nancy R. S. Diaz

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, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

Question. Several of my friends have been having receiving physical therapy for their shoulder problems. I am very active and I would like to know what to do to avoid shoulder injuries.

Answer. People of all ages experience shoulder injuries such as tendonitis and rotator cuff disorders, which are often related to a combination of poor posture and overuse. As we age, the circulation to the rotator cuff tendons diminishes, making it easier to injure and more difficult to recover from strains and more serious injuries. Many people have a tendency to round their shoulders and to sit in a slumped fashion, which alters the mechanics of the shoulders. Many of our daily activities, such as eating, reading, and working on the computer, are performed with our hands in front of us. This posture causes the muscles in front of our shoulders to become tight and the muscles in the back to become weak and overstretched, making it difficult to maintain good posture.

Become more aware of your sitting position and pick a supportive chair. Choose a chair in which you can sit straight and pull your shoulder blades down and back. If you practice this shoulder position frequently throughout the day, it will help to strengthen the muscles in the back of the shoulder and stretch the muscles in the front. It is also important to remember to drop your shoulder blades down away from your ears, especially while driving or during stressful activities.

Overuse in the shoulder is often a problem when doing activities with arms raised above the shoulder level for long periods of time. To avoid this stress, activities such as cleaning windows, hanging curtains, or painting ceilings can be done with a long handled tool. Limit the amount of overhead work you do at one time, or switch arms. If you lift weights, avoid overhead lifting; particularly avoid lifting with your arms away from the sides of your body.

A great way to keep your shoulders in shape is to attend an exercise class or to work with a skilled personal trainer on a one-to-one basis. Call us at North Shore Physical Therapy for more information about these services we provide. If you have pain, a rotator cuff problem or arthritis, consult your doctor and discuss whether physical therapy would be helpful for you. North Shore Physical Therapy Associates is located in Marblehead on Widger Road (781-631-8250) and in Salem on Swampscott Road at (978-910-0486).

HAPPY BIRTHDAY WISHES



*To Those Who Celebrate
Their Birthday in April*

COMPUTER CLASS

We will be scheduling a six week computer this spring for both beginners and intermediate levels. The beginner class will be Tuesday's and the intermediate will be Thursday's. We will require a minimum of 8 to 12 people per class to get them started. Beginners will learn the basics of the computer and the intermediates will learn how to email, social networking and internet. The cost will be \$35.00 per person and they will be held at the high school from 2:45 to 4:00 pm. Contact the Senior Center if you are interested.

APRIL TRIP TO FOXWOOD'S

The center will be going to Foxwoods's Casino on Tuesday, April 16th. We have been advised by the bus company that the cost will increase in April so the Senior Center now will have to charge \$28.00 per person. Book early to save your seat.

NEW MAH JONGG CLASSES

Norma Freedman will be starting a new Mah Jongg class on Monday, May 6th. For the class to start she will need a minimum of four people with a maximum of ten people. The class will last up to approximately fifteen weeks and the cost will be \$20.00 per person including your Mah Jongg card. Contact the Senior center if you are interested.

WISH LIST

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

FAMILY HEIRLOOMS OR TREASURES

Do you have an heirloom or an article of interest that you would like to display at the Senior Center? Bring it in and we will provide space for you in our lobby display case.

RALLY FOR THE JIMMY FUND

On Monday, April 8th we will be asking you to help support the Jimmy Fund by making a \$5.00 donation, we are hoping to raise a minimum of \$300. To support this event we are asking our seniors to wear Red Sox attire, t-shirt, hat etc. Help us make it a successful day.

The Abbot House will be sponsoring a free lunch at the senior center on Friday, April 26th starting AT 11:30 am along with a presentation regarding the services that the Abbot House can provide. Contact the Senior Center to save your seat.

TRIPS IN MOTION

Presently all trips are filled for April, but Donna Carmody is preparing trips for the up coming months, which we will post. It is important to book early because the trips fill very fast.

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

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Golf/Bowling 9:30 Mah Jongg 9:45 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 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shopping 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	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 Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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SENIOR CENTER CLOSED FOR PATROITS DAY HOLIDAY	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 & Shopping 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	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 Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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**RESERVED
FOR SPONSORS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak/ Gravy	2 Garlic Paprika Tyson Chicken Cheddar Whipped Potato Veggie Ratatouille Chilled Fruit Alternative Potato Crunch Fish/ Sauce	3 Stuffed Shells/Meat Sauce Roman Blend Veggies Chilled Fruit ALETRNATIVE Chicken Meatballs Potato	4 Beef Stew Oat Roll Pudding ALTERNATIVE Cheese & Rice & Bean Burrito w/Sauce	5 Potato Chowder California Chicken Salad Bulkie/Tomato Cuke Salad Fresh Fruit ALTERNATIVE Egg Salad
8 Macaroni & Cheese Spinach WW Roll Chilled Fruit ALTERNATIVE Veggie Quiche/Potato	9 Rib-B-Q/BBQ Sauce Oven Fries Tuscany Veggies Jell-o ALTERNATIVE Omelet/Cheese Sauce	10 Lentil Veggie Soup Orange Glazed Boneless Chicken Garlic Whipped Potato Brownie ALTERNATIVE Swedish Meatballs/ Gravy	11 Chili w/ Cheese Steamed Rice Tossed Salad Chilled Fruit ALTERNATIVE Chicken Filet Sandwich/Potato	12 Roast Pork w/ Gravy Sweet Potato Fiesta Veggies Muffin/Fresh Fruit ALTERNATIVE Salisbury Steak/ Gravy
15 PATRIOTS DAY NO FOOD SERVICE	16 Fiesta Fish/Sauce Whipped Potato Italian Blend Veggies Chilled Fruit ALTERNATIVE Dominican Beef Stew	17 Lasagna/Meat Sauce Green & Golden Beans Pudding ALTERNATIVE Sweet & Sour Chicken Tenders Green & Golden Beans	18 Minestrone Soup Cranberry Glazed Tyson Chix Sour Cream Whipped Potato Chilled Fruit ALTERNATIVE Liver & Onions	19 SPRING SPECIAL ¼ Hamburger/Roll Lettuce & Tomato Cheese & Pickle Potato Salad/ Corn Warm Apple Cobbler
22 Spaghetti & MB/ Sauce Tossed Salad Garlic Roll/ Cookie ALTERNATIVE Hawaiian Turkey Ham Potato	23 Greek Chicken Lemon Rice Carrots Fresh Fruit ALTERNATIVE Spanish Sheppard's Pie	24 Meatloaf w/Gravy Delmonico Potato Peas & Onions Chilled Fruit ALTERNATIVE Mushroom Quiche	25 Cream of Broccoli Soup Shaved Roast Beef/WW Pita Tossed Salad Pudding ALTERNATIVE Tuna Salad	26 Roast Turkey/ Gravy/ Cranberry Sauce/ Stuffing Butternut Squash Muffin/ Pineapple ALTERNATIVE Spanish Beef/ Yellow Rice
29 Stuffed Pepper/Sauce Whipped Potato Country Blend Veggies Chilled Fruit ALTERNATIVE Pork Patty/Gravy	30 Honey Mustard Tyson Chicken O'Brien Potato Zucchini & Red Pepper Cake ALTERNATIVE Haitian Turkey			

**RESERVED
FOR SPONSORS**

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 Tuesday, April, 2nd from 11:00 am to 11:45 am. If you would like to have a one on one discussion with Mr. Younger, contact the center to make your appointment.

GE MATACHING 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

DO YOU NEED A RIDE

The application for "The Ride" has changed. All applications are now being processed in person at the MBTA Ride Assessment Office, located at 500 Rutherford Avenue, Charlestown. You must call 617-337-2727 for an appointment which will last for approximately one and a half hours. But now for the good news! Upon request, The Ride will pick you up and take you home after the application process at no charge. You may bring with you a family member, friend, medical aid or social worker to help you with the process. Contact Mr. Bill Foley at the Senior Center at 781-596-8866 if you have any questions.

OUR NEWSLETTER IS ON LINE

To view our latest newsletter go to www.town.swampscott.ma.us and click on Senior Center News Letter which you will find under New & Notices on the right hand side of the home page. As you probiliby already know you can also get the newsletter at the Stop &Shop service counter or our Town Hall.

WELLNESS SEMINAR

On Thursday, April 11th we will sponsoring a wellness seminar with Don Doliber who will talk about ancestry and genealogy, light refreshments and a beverage will be served.. If you are interested you can sign up at our front desk.

Staying Healthy with Medicare

Medicare wants to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

Colorectal cancer screening (including colonoscopies)

Mammograms

Pap tests and pelvic exams

Prostate cancer screening

Bone density screening

Depression screening

As with all health insurance plans, there are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

For more information, meet with a SHINE counselor. Trained SHINE (Serving Health Information Needs of Elders) counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You can also call the SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164. Please leave your name, telephone number and a brief message and a SHINE counselor will call you back as soon as possible usually within 24 hours.

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: _____