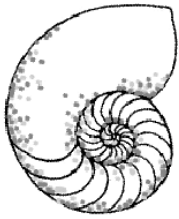


Swampscott Senior Center



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 2013

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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When was the last time you squealed with glee as the waves of the mighty Atlantic washed over you?

Or, when have you counted your pennies in the exact spot as one of our Founding Fathers who counted the fortune that would make him the richest man in Massachusetts, contributor of the American Revolution, and signer of the Declaration of Independence? If one were to ask the seniors at the Swampscott Senior Center what they did this past frigid winter, a winter with near record breaking snowfall, some might say, "Well, the weather hasn't kept us down. We've been studying history, and having fun doing it!" Brave groups of seniors had given up their seats "by the fire's glow" to explore the sights of our significantly historic Boston area. It had been years since many had been to the Isabella Stuart Gardner Museum or the busy Boston Long Wharf. Many folks had never been to the John Fitzgerald Kennedy Museum or the one hundred-year-old Wenham Tea House. And many were delighted to be dining at the "oldest watering-hole" in America...where George Washington and Paul Revere often supped. Would you like to know more about these places, as well as their historical significances? Well, come into the center to ask these hearty New Englanders. I am sure that they will be glad to share it with you.

This month we will wrap up our historical research with the second trip to John Adams National Historical Park and Adams' Peacefield both in Quincy. The bus is full; however, there is always a waiting list on which we would be glad to add your name to. If you have a chance to go with family or friends, I recommend it, especially with young people. Summertime brings with it new plans for summer entertainment. We will "kick off" the season with the ever popular "Sound of Music" at the North

Shore Music Center. We are already busy planning more exciting adventures for the warmer months. They will be posted on the bulletin board to the right of the front desk and all of us would be glad to get you "on the road". I am usually at the Senior Center on Mondays. Why not come in to see me and to check the travel bulletin board to discover what trips currently "in motion". I am Donna Carmody.

Even with insurance, prescription drugs can still be unaffordable!

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs. Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241, or email WWW.Mass.Gov/Elders

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

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. How do I know if the aches and pains I feel can be helped by physical therapy or are just part of getting older?

Answer. Normal aches and pains associated with "aging" usually lessen as the day progresses and you are able to move around doing your normal daily activities. The morning pain and stiffness does not limit your activities during the day. If you are experiencing a pain that is persistent throughout the day or varies with specific activities and the pain is more than just a low grade ache you may benefit from physical therapy. You may need to consult your doctor. If you experience a restriction in a joint, such as decreased ability to turn your neck, bend or straighten your knee, or have difficulty rolling in bed or getting out of bed, or difficulty with lifting your arm, than this is not normal "aging." This lack of motion accompanied by pain is not normal. If you find you're not able to walk distances, climb stairs, and reach for objects on a shelf you may be lacking appropriate strength or endurance to carry out these tasks. If you are experiencing limitations and/or pain throughout the day, you are experiencing more than just "aging." These are problems that can be corrected with physical therapy. If you feel you may benefit from physical therapy, but are not sure, call North Shore Physical Therapy.

You may call our offices and discuss your problem with a physical therapist or schedule your free 30 minute injury screen with an expert physical therapist that will assess your problem and make recommendations to meet your needs. To schedule a free injury screen call Marblehead (781-631-8250) or Salem (978-910-0486).

Signs of Change
By
Gregory Diaz

Your heart races to see things you used to ignore
you are happy to see people you once thought a bore
This happy hearty has it's own kind of grace
you prance in the rain with a smile on your face

The human world of love once was a place of fear
When your greeting is returned your heart has great cheer
Your fellow humans you greet with a smile
And no longer suspect them of some hidden guile

HAPPY BIRTHDAY WISHES
*To Those Who Celebrate
Their Birthday in May*



COMPUTER CLASS

We will be scheduling a six week computer this spring for both beginners and intermediate levels. The beginner class will be Thursday's and the intermediate will be Tuesday'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.

MAY TRIP TO FOXWOODS

The center will be going to Foxwoods Casino on Tuesday, May 14th. 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.

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.

DON'T BE A VICTIM OF MDEICARE FRAUD

Come meet a representative of the Massachusetts Senior Center Medicare Patrol Program on Thursday, June 20th from 1:00 p.m. to 2:00 p.m. at the Swampscott Senior Center and hear how to protect yourself from Medicare fraud,.

This free workshop will provide you with tools to become a better more engaged health care consumer. The Senior Medicare Patrol program is a national program funded by the federal government commissioned to reduce the amount of Medicare fraud by helping beneficiaries and their caregivers become more engaged health care consumers. The annual estimated of Medicare fraud is between \$60 to \$120 billion!

You can help protect Medicare and make sure benefits are available when you need them by making sure the claims paid on your account are accurate.

If you have any questions about this workshop, please contact the Senior Center. If you cannot attend this workshop but would like to help with your Medicare Summary Statements, call the Massachusetts Summary Statements, call the Massachusetts Senior Medicare Senior Patrol office toll free at 800-892-0890, ext. 1337.

WISH LIST

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

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

MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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
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 MEMORIAL DAY	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

**RESERVED
FOR SPONSORS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Corn Chowder Pot Roast/Jardinière Gravy Italian Roasted Potatoes Chilled Fruit ALTERNATIVE Chicken Paprika	2 Calzone/Sauce Tossed Salad Country Blend Veggies/ Jell-o ALTERNATIVE Chicken Filet Sandwich Tossed Salad	3 Potato Crunch Fish/ Lemon Garlic Whipped Potato Carrots/Fresh Fruit ALTERNATIVE Beef Strip Steak/ Gravy
6 Pulled Pork/ BBQ Sauce WW Bulkie Roll Roasted Sweet Potato Fiesta Veggies ALTERNATIVE Chicken Florentine	7 Beef Veggie Soup Seafood Cake/Sweet Pepper Sauce/ Oven Fries Pudding ALTERNATIVE Salisbury Steak/Gravy	8 American Chop Suey Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Veggie Quiche Potato	9 MOTHER'S DAY SPECIAL Broccoli Stuffed Chicken w/Supreme Sauce Baked Potato/Sour Cream Veggie Medley/ Snowflake Roll Raspberry Cookie	10 Swedish Meatballs/ Gravy Whipped Potato/ Beets Muffin/Fresh Fruit ALTERNATIVE Spanish Chicken Rice & Beans
13 Macaroni & Cheese Spinach/Garlic Roll Chilled Fruit ALTERNATIVE Sweet & Sour Chix Tenders Whipped Potato	14 Tyson Chicken Bruschetta Cheddar Whipped Potato Spring/ Summer Veggie Jell-o ALTERNATIVE Omelet w/Cheese Sauce	15 Beef Stir Fry Steamed Rice/Stir Fry Veggies Fruit ALTERNATIVE Chicken Taco/Salsa Fiesta Rice/Stir Fry Veggies	16 Turkey Cacciatore Polenta Parmesan Italian Green Beans Fresh Fruit ALTERNATIVE Liver & Onions/Gravy	17 Garden Veggie Soup Tuscan Tuna/WW Pita Potato Salad Cake ALTERNATIVE Egg Salad
20 Orange Pineapple Chicken Veggie Lo Mein Broccoli Cookie ALTERNATIVE Manicotti/Meat Sauce	21 Meatloaf/Ketchup Gravy Whipped Potato Peas & Onions Chilled Fruit ALTERNATIVE Chicken Marsala	22 Ham & Cheese Quiche Lyonnais Potato Italian Blend Veggie Chilled Fruit ALTERNATIVE Stuffed Pepper/ Sauce	23 Cream of Broccoli Soup California Chicken Salad Tossed Salad Pudding ALTERNATIVE Turkey & Cheese	24 Hamburger/Roll Cheese/Tomato & Lettuce Potato Salad Corn/ Watermelon ALTERNATIVE Fish Sandwich
27 HOLIDAY No Food Service	28 Stuffed Shells/ Meat Sauce Green & Golden Beans WW Roll/ Pineapple ALTERNATIVE Chix Meatballs/Gravy Whipped Potato	29 Rib-B-Q/ BBQ Sauce Delmonico Potato Carrots Jell-o/Topping ALTERNATIVE Haitian Turkey	30 Minestrone Soup Rosemary Herb Tyson Chix O'Brien Potato Ambrosia ALTERNATIVE Salisbury Steak/Gravy	31 Roast Turkey/Gravy Apple Raisin Stuffing Jardinière Veggies Muffin/Chilled Fruit ALTERNATIVE Pork Patty/Gravy

**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, May, 7th 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 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

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.

NEW MAH JONGG CLASS

New class to start on Monday, May 6th, beginning at 9:30 a.m. Come join us and have some fun.

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:

Mammograms
Pap tests and pelvic exams
Prostrate 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.

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.

LETS REMEMBER OUR VETERANS

Special thanks to all the men and women who have served and are presently serving our country, whose sacrifices allow us to enjoy the basic freedoms with which are blessed.

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: _____