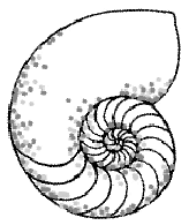


## Swampscott Senior Center



# 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 2013

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

### BOARD MEMBERS

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ACTIVITIES COORDINATORS: Don Wescott  
OFFICE ASSISTANT: Susan Pierce, Dorothy Kitoski  
OUTREACH WORKER: Bill Foley  
VAN DRIVERS: Howie Conley, Bob Grimes, Emery Richard and Ed Kitoski  
GLSS SITE MANAGER: Helen Richard

Dear Seniors

Thank you to our wonderful Friends of the Swampscott Senior Center Group. They sponsored a very scrumptious clam bake for over one hundred seniors in August. They also ran a successful membership/fund drive in September which is Senior Center month nationally. Their support helps the directors plan and run special events through out the year. Also The Eastern Bank Charitable Foundation awarded our Senior Center a \$2000 check to support weekend events for this fiscal year. That is a perfect seg-way for announcing events for both October and November.

Columbus Day, Monday, October 14: The Center will open for Bridge, Bingo and Lunch. The lunch will be \$3:00 and we will have pizza, salad and treats. Sign up at the front desk if you are interested. Doors will open at 11:00 am.

November 16, Saturday:

The Delvena Theater Company will present: "Come and Meet Julia Child". There will also be a catered luncheon with a French theme prepared by our personal Chef Paul. Theater and lunch will be \$10:00 and seating will be limited. Sign up will begin on Wednesday October 30.

Marilyn and Rod

**Bocce will begin on the first Wednesday in October as well as every Friday morning, beginning at 10:00 am. Come down to learn to play and help us form a team!!!! The court is open for play whenever the Center is open. See or contact Coach Rod Pickard for more information!**

### YOU'RE NOT GONNA SHUT ME OUT

Do you realize that as a senior 65 years of age or over, utility companies can not shut off your power because of unpaid utility bills. To attain this "protected status" you must notify your utility company and identify yourself as a senior. This is done by a certain one-page application that we can help you with. An elder should never be in the dark. Moreover, in the case of an emergency, a senior should never be without a telephone. Contact Bill Foley at 781-596-8866 if you would like to know more about this privilege for seniors

### TRIP TO FOXWOODS AND TWIN RIVERS

We will be taking another trip to Foxwoods on Tuesday, October 15th. The bus leaves at the back of the Stop & Shop at Vinnin Square no later than 7:00 a.m. The cost is \$28.00 per person and you will receive a \$10.00 coupon for a free buffet or other restaurants plus a \$10.00 bonus slot play, all upon your arrival. For our final trip of the year we are planning to go to the Twin Rivers Casino, Tuesday, November 19th, the cost will also be \$28.00. The bus will leave no later than 8:30 am from the Stop & Shop. Seats are limited so contact the Swampscott Senior Center at 781-596-8866 to sign-up.

### "DON'T LOOK NOW BUT AFTER AUTUMN COMES...."

Here we are in autumn, crisp air, no humidity, lovely foliage. Yeah, but guess what? Here comes winter! And winter brings fuel bills. If it gets windy and the temperature goes below zero, your fuel bills go higher! But you can apply for fuel assistance, and we are ready to help people with the application process. Last year, we got a total of \$2, 967 for Swampscott Seniors. Don't think you are ineligible because your income might be too high. Fuel assistance actually uses moderate income guidelines and you might find yourself receiving help in paying those winter bills. Contact Bill Foley, our Outreach Social Worker, at 781-596-8866 for more information and assistance.

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

Question. I need to find an alternative to walking on land because my knees and hips are hurting when I walk on land. What can I do to stay fit?

Answer. Water reduces the effects of gravity, provides support around the submerged body, and decreases compression forces on the joints and spine. Aquatic physical therapy is a comprehensive therapeutic approach that uses aquatic exercises designed to aid in the rehabilitation of various conditions and medical diagnoses. Each individualized program consists of specific components: warm-up, stretching, muscular strength and endurance, cardiovascular, and a cool down or relaxation. The therapist and patient establish goals and develop a plan with emphasis on an independent program. This program is used outside their aquatic therapy visits for continued strengthening and pain management. Once their therapy is completed many patients are able to transition to water exercise programs offered at various aquatic facilities or continue to work on their own exercise program. The benefits of aquatic therapy include: the promotion of muscular relaxation, reduction of pain sensitivity, decrease in muscle spasm, reduction of gravitational forces to assist with walking, increase the ease of joint movement, increase in muscular strength, increase peripheral circulation, increased respiratory muscle strength, increased cardiac function, and improved body awareness, balance, and trunk stability.

Water provides buoyancy allowing joints to move more freely and also provides a force (resistance) to move against. Moving against the resistance of the water can improve strength in weak muscles. Due to hydrostatic pressure, respiratory muscles are strengthened by working against the resistance of the water during inspiration. This same force helps expiration, key for asthma and emphysema sufferers. Dilation of blood vessels increases in warm water, increasing venous return and moving tissue fluids through the injured structures. Circulation is increased by this redistribution of blood to the extremities. Many orthopedic conditions respond well to aquatic therapy. These include arthritis, low back pain, joint replacements, knee, shoulder and ankle surgeries, and shoulder injuries. Neurological conditions such as Parkinson's, stroke, and balance/gait disturbances can benefit from aquatic therapy as well. Fibromyalgia syndrome patients may be able to successfully exercise in water due to its gentler environment. They can gain muscle strength and endurance, receive pain relief and experience relaxation of muscle spasms.

If you have questions concerning back pain, balance, or other physical concerns discuss this with your doctor or physical therapist. The water may be a gentler environment for you to gain strength, experience less pain, and reach your rehabilitation goals

North Shore Physical Therapy has been offering aquatic physical therapy for 3 years and currently sees patients Tuesday and Thursday mornings for appointments. Please see your doctor for a prescription and schedule your evaluation with our office. If you have questions on aquatic therapy please call our office in Marblehead 781-631-8250.

## 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 at [www.mass.gov/elders](http://www.mass.gov/elders)

## Important Message from SHINE about Durable Medical Equipment And Diabetic Testing Supplies

Effective July 1, Medicare will have a new program for Durable Medical Equipment and a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. **Make sure Medicare will continue to pay for your item to avoid any disruption of service!**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. You may also go to a local pharmacy **that accepts Medicare assignment** and you will get the same low mail-order cost.


To find a Durable Medical Equipment or National Mail-Order Program supplier, go to [www.medicare.gov/supplier](http://www.medicare.gov/supplier) or call Medicare (1-800-633-4227).

For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You can also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.

Cost, \$2.00 per Meal

## COMMUNITY CAFÉ MENU


Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<div>1</div> <div>Roast turkey/gravy Winter squash Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Bbq tofu</div>	<div>2</div> <div>Chicken parmesan Penne pasta Broccoli WW bread Pudding ALTERNATIVE Caribbean beef tips</div>	<div>3</div> <div>Lemon pepper pork Black eyed peas &amp; rice Garden salad/ dressing Rye bread ALTERNATIVE Greek salad/pita bread/hummus</div>	<div>4</div> <div>Rosemary chicken Corn/red pepper Spinach Fresh fruit ALTERNATIVE Oxtail/sauce</div>	
	<div>7</div> <div>Baked fish/diced tomatoes Rice &amp; black beans Italian blend veg. Rye bread Cookie ALTERNATIVE Caribbean chicken</div>	<div>8</div> <div>Boeuf bourguignon Parsley boiled potatoes Garden salad/dressing WW bread Pudding ALTERNATIVE Pasta &amp; eggplant meat- balls</div>	<div>9</div> <div>Roast turkey/ mushroom sauce Brown rice Carrots Italian bread Fresh fruit ALTERNATIVE Latin pork</div>	<div>10</div> <div>Stuffed shells/ marinara sauce Garden salad/ dressing WW bread Fresh fruit ALTERNATIVE Stewed goat</div>	<div>11</div> <div>Roast pork/gravy Sour dill potatoes California blend veg. WW bread Fresh fruit ALTERNATIVE WW pizza</div>
	<div>14</div> <div>CLOSED  FOR  HOLIDAY</div>	<div>15</div> <div>Southern style cod filet Rice &amp; beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE 3-bean chili(vegetarian)</div>	<div>16</div> <div>Meatball stroganoff Roasted potatoes Carrots WW bread Fresh fruit ALTERNATIVE BBQ pulled pork</div>	<div>17</div> <div>Hamburger/roll Ketchup/mustard Sweet potato wedges Garden salad/ dressing ALTERNATIVE Turkey/citrus sauce</div>	<div>18</div> <div>Cheese tortellini/ meat sauce Italian blend veg. Italian bread Fresh fruit ALTERNATIVE Tripe stew</div>
	<div>18</div> <div>Cheese tortellini/ meat sauce Italian blend veg. Italian bread Fresh fruit ALTERNATIVE Tripe stew</div>	<div>22</div> <div>Chicken/balsamic citrus sauce Garlic mashed poatto Garden salad/dressing WW bread Pudding ALTERNATIVE Curried tofu/rice &amp; beans</div>	<div>23</div> <div>Salmon/dill sauce Vegetable rice pilaf Green beans WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/tomato sauce</div>	<div>23</div> <div>Salmon/dill sauce Vegetable rice pilaf Green beans WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/ tomato sauce</div>	<div>25</div> <div>Turkey Milanese Rice &amp; beans Broccoli Rye bread ALTERNATIVE Chicharon frito (fried pork)</div>
<div>28</div> <div>Cheese lasagna/ tomato sauce Green peas WW bread Fresh fruit ALTERNATIVE Pork chops/gravy</div>	<div>29</div> <div>BBQ pulled pork Mashed potato Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Creole style baked fish</div>	<div>30</div> <div>Lemon &amp; garlic chicken Red potatoes Collard greens Rye bread Pudding ALTERNATIVE Curried beef</div>	<div>31</div> <div>HALLOWEEN SPECIAL  Roasted chicken Cranberry &amp; herb stuffing Butternut squash Halloween treat</div>		

RESERVED

## SENIOR CENTER HOURS

**MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:30 a.m. To 3:00 p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	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 & Shop 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
CLOSED FOR THE COLUMBUS 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 & Shop 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

**WHO SAID STARTING ALL OVER WOULD BE WRONG**  
Some people have wondered about starting all over again after experiencing some major changes or upsets in their life. These could include a recent death of a loved one, loss of friends, isolation after adult children have moved away, recovery after a long illness. These events can leave one wondering what do I do next, where do I go, how do I make new friends or start new ventures, how do I get out of this stuck position. Sometimes it is expressed by the thought "I need to get back into circulation again." The Swampscott Senior Center is trying to start a new group that helps people make needed transitions to more enriching things and people. This will not be a bereavement group or a support group as such but a new kind of "help" circle that with the aid of a facilitator looks at things very practically with an eye towards "getting back into circulation again!" Call us at 718- 596-8866 for more information.

#### MEET WITH THOMAS YOUNGER

Thomas Younger, our town manger will be at the Senior Center every month to meet with any Swampscott Senior, the next date is October 1st 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.

#### NEW MAH JONGG CLASS

The Senior Center will be starting a new Mah jongg class on Monday, November 4th. The class will run for approximately fifteen weeks for total a cost of \$20.00 which will include your Mah Jongg card. Contact the Senior Center to sign-up.

#### OUR NEWSLETTER IS ON LINE

To view our latest newsletter go to [www.town.swampscott.ma.us](http://www.town.swampscott.ma.us) and click on COA News Letter which you will find under New & Notices on the right hand side of the home page.

#### Find Out What's New in Medicare for 2014

On November 5, 2013 at 12:45, Elena Kirios, our SHINE counselor from at Mystic Valley Elder Services will be having a seminar at the center updating us on changes in Medicare. You'll be able to schedule an appointment with her as well at that time. We will require a minimum of twelve guests to have this seminar so contact the Senior Center as soon as possible to hold your seat.

The annual Medicare Open Enrollment starts October 15 and ends on December 7. During Open Enrollment, you may enroll in a new plan or change your Medicare coverage for next year. This is also an opportunity to review your current coverage. State-certified SHINE (Medicare) Counselors will help you understand your plan, as well as other options you may have.

#### WISH LIST

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

#### MULTI-MEDIA ART CLASS

Express your artistic creativity and imagination!! A new art class presented by Lurie Reis will be starting on Thursday, November 7th through Thursday, December 13th for a total of five weeks (excluding Thursday November 28th) from 2:45 to 4:00 pm. for a total cost of \$35.00. Each week you will draw from nature, a still life or expand on some of your own ideas as you love. You will experiment using different techniques and materials such as oil pastels, charcoal, water color and chalk. Come and join us and have some fun!!

#### HAPPY BIRTHDAY WISHES

*To Those Who Celebrate  
Their Birthday in October*



#### 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: \_\_\_\_\_