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Sefatia Romeo Theken
MAYOR



Gloucester Council on Aging
6 Manuel F. Lewis Street

September 2021

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**GLoucester COA BOARD
MEETS THE FIRST TUESDAY EACH
MONTH AT 9:30 A.M.**

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**FRIENDS MEET THE SECOND WEDNESDAY
OF THE MONTH AT 8:00 A.M.**

Greetings!

Has anyone noticed a general uptick in people seeming to be a bit short with one another lately? I'm always one to look for the positive and I'm still looking for and thankfully finding it, but it's hard not to notice the number of people who seem to be at least a little on edge. If I'm being completely honest, I have to admit that I might just be one of them.

The uncertainty brought about by the Delta variant and rising COVID cases is enough to test even the most good natured of souls. Most of us are dealing with confusion, fear and uncertainty - if not on the conscious level, then most certainly lurking in the unconscious corners of our minds. And if we're confused and at least a little bit afraid and uncertain, it's made that much worse by the disappointment of having recently felt the joy of the absence of those feelings. We felt like we were out of the woods or at least on our way and now we're not quite sure where the woods even are and how much we really need to worry about them.

We humans thrive on predictability. When so much is uncertain, we're bound to feel at least a little cranky. For many of us, holding out hope for our post-pandemic future was our best coping strategy for our mid-pandemic woes. The emergence of the Delta variant and re-emergence of the need for masking and other precautions can feel like some of that hope is being snatched away. When you pile a little lost hope onto a mountain of fear and uncertainty, that's bound to crank up the irritability factor.

So what's a good human to do? We don't want to be short with strangers, neighbors, or loved ones but to speak in neurological terms, our executive functioning may be a little overpowered by our fight or flight response right now. Maybe the best thing we can do is realize that this is a perfectly normal reaction to very abnormal circumstances. If we can do at least that, then we can go a little easier on ourselves and others. Maybe we can be a little more mindful in every moment, to do our best to place just a few seconds between stimulus and response and in those seconds, take a deep breath and remember that we're all only human and we're all dealing with unusual levels of trauma, stress, and uncertainty.

So if you need to scream into a pillow - scream into a pillow. If you need to find and watch adorable puppy and kitten videos multiple times a day, then do that. If you need to take frequent meditation breaks over the course of your day then I suggest you meditate to your heart's content. Find something that fills you with so many good feelings that it helps to hold the bad ones at bay. We've been on this rollercoaster ride for far too long. I can't reiterate strongly enough how important it is to ask for help if you need it, either from a loved one or from a mental health professional.

Lastly, please remember that kindness is always a choice. When kindness fills that moment that we consciously place between an action and our reaction, we all win and THAT'S at least one thing that's completely predictable.

Sincerely,
Elise Sinagra, Director of Elder Services

Friends of the Gloucester Council on Aging
Membership Drive
New Members as of August 16, 2021

Silver

Michael J.C. Neagle
Applied Materials Foundation
Norma Silva

Your support in any amount is sincerely appreciated by the Friends of the Gloucester Council on Aging.

We thank the following individuals for contributions dedicated to supporting the cost of mailing "Coastline News" each month to seniors at home:

Doris Cole
Grace Simpson
Marilynn Grant
Norma C. Silva
Phyllis M. Reardon

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Stay Young at Heart Through Art

Dear Artists,

SEPTEMBER! The summer has flown so quickly! Meanwhile, the individual artistic expression on display throughout the art room and beyond — the unfolding of creative potential, and the advancement that comes from taking risks continues to inspire.

Visits from practicing artists are always interesting. Recently, we had the pleasure of a visit from artist Charlotte Roberts who generously shared her art practice and her beautiful assortment of sketch books — all of which helped to reinforce the joy and the rewards of daily sketching.

In August, several of us enjoyed a visit to The Jane Deering Gallery for a viewing of James Paradis' sculpture, paintings, and drawings. James' work is powerful and exciting, and speaks of the importance of being open to change and possibility. At age eighty-six... ever youthful —ever inspiring is this wonderful artist!!

Through September 12th, and not to be missed: A visit to The Cultural Center on Rocky Neck for a viewing of Wild Animals...Both Real and Imagined. This exhibit is such fun and is one for all ages to enjoy! The exhibition is a collection of paintings, drawings, and sculpture represented by artists (including yours truly) from Cape Ann to Boston.

In October we look forward to a visit from artist Susan Erony whose work is in many collections here in this country (including The Cape Ann Museum) and also abroad. When, some years ago, Susan's work was featured at The Cape Ann Museum, I was captivated by the way Susan assimilated (through her art) her personal response to one of mankind's greatest atrocities — namely WWII. I have asked Susan to speak with us about this particular example of her art as well as her working practices as an artist. (Susan's visit to be announced in October newsletter.)

Our most grateful appreciation to Chris Rhodes for her generous donation of fine watercolor papers and pens for our art program, and to Bette Ferriero, and to Grace Simpson for their generous donation of art materials.

Remember: Stay Young at Heart...Investigate the Arts!

Juni

CELEBRATING PEOPLE AND OUR PAST

Gloucester will be marking its 400th anniversary in 2023. Planning for this anniversary began a few years ago with the goal of making 2023 a year of celebrating community. Part of this goal is to highlight the stories and people who contributed to making Gloucester what it is today.

The web site for the 400th is gloucesterma400.org. On this web site you will see the Stories Project. A number of stories and photos are featured.

Do you have a story you would like to share? How you or your ancestors came to Gloucester? Special people or events that have contributed to the fabric of our city?

GLOUCESTER 400 welcomes you to go to this web site to check out the Stories Project and enjoy what they have already shared.

If you would like to participate but need some assistance, please call the Rose Baker Senior Center at 978-325-5811 and speak with Julie.



The Rose Baker Senior Center is happy to announce the resumption of:

**CONSTITUENT SERVICES from
The Office of State Senator Bruce Tarr
On Wednesday, September 15th from 9:30 to 10:30 a.m.**

The Senator's Office may be able to accept walk-ins, but an appointment will hold your spot.

Please call 978-325-5800 and press 3 to reserve your time.



Walk the Loop - Circle the Cape Walking Challenge

Join us from September 1st - October 31st as we participate in a regional walking challenge with friends across Cape Ann's Councils on Aging.

You can walk, roll, or stroll your way to some prizes too!

To participate, stop by the Rose Baker Senior Center to receive your free walking journal or call us at 978-325-5800 to have one mailed to you.

Your walking journal is filled with great info and has a log for all your steps or miles. Plus it's your ticket to a regional drawing of prizes at the end of the challenge!

And be on the lookout for some additional, fun walking opportunities across the region that will be promoted throughout the challenge. Let's get moving!

PLEASE JOIN US ON THURSDAYS DURING SEPTEMBER AS WE HOST

Rosie's Picnic Lunch

We are offering a picnic style brown bag lunch every Thursday, FREE OF CHARGE at the Rose Baker Senior Center!

Lunches will include a sandwich with condiments, a side salad type item (like potato salad, coleslaw, pasta salad, garden salad etc), a bag of chips and fruit, and delicious soup.

We can serve these picnic style lunches to as many as 60 people so sign up today and encourage your friends to do the same. We would LOVE to see you!

FOR MORE INFORMATION OR TO SIGN UP FOR LUNCH, PLEASE CALL MICHAEL AT THE SENIOR CENTER AT 978-325-5800 then press 4.

Don't forget to follow us on Facebook!

Simply go to Facebook, then search for "Rose Baker Senior Center Gloucester" to find and "Like" our page for the latest information on new programs and services offered at YOUR Rose Baker Senior Center.

We also share information of interest to seniors in the community, and occasional photos and videos to help us stay connected and add a little fun!

NEW HOURS TRASH BAG SALES!

In an effort to better serve your needs, the Rose Baker Senior Center will now sell discount trash bags between the hours of 9:30 AM and 3:45 PM

You MUST be a member to purchase bags.

If you're not a member, we can easily make you one.

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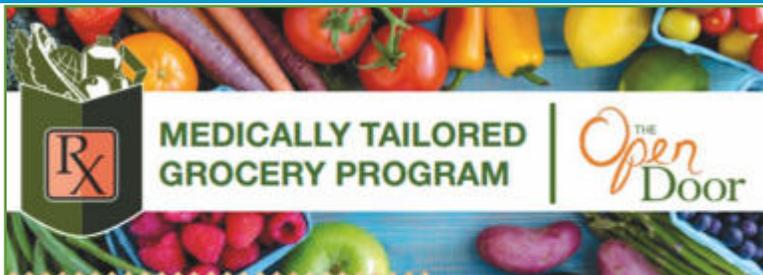
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VNA Care’s Keep Well & Blood Pressure Clinics
are offered on the 1st and 3rd Wednesdays of every month at the Rose Baker Senior Center.

Keep Well Clinics are FREE and open to residents age 60 and over. Run by community health nurses from VNACare, services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), information (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

Call the Rose Baker Senior Center at 978-325-5800 and press 4 to sign up for our next clinic.

Unleash the Power of Age:
1623 Studios

ON CHANNEL 12
Mondays & Fridays at 9:30 AM
Wednesdays & Saturdays at 9:00 AM

ON CHANNEL 67
Episodes air daily at 10:00 AM

Questions about Medicare? SHINE can help.
(Serving Health Insurance Needs of Everyone)

If you would like to meet with a SHINE counselor in person, we are scheduling in-person SHINE appointments on Friday afternoons.

CALL THE SENIOR CENTER AT 978-325-5800 AND SPEAK WITH MICHAEL OR ANN TO BOOK YOUR APPOINTMENT.

OPEN ENROLLMENT FOR ALL MEDICARE BENEFICIARIES WILL BE FROM OCTOBER 15TH TO DECEMBER 7th. WATCH THE OCTOBER ISSUE OF COASTLINE NEWS FOR ADDITIONAL SHINE COUNSELING OPTIONS DURING OPEN ENROLLMENT OR CALL THE SENIOR CENTER DURING THE LAST WEEK IN SEPTEMBER AND SPEAK WITH MICHAEL, ANN, OR JULIE.

ARE YOU IN THE DONUT HOLE AND DON'T KNOW WHAT TO DO?

If you have reached or are about to reach that gap in your Part D plan, the Commonwealth’s Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at www.prescriptionadvantagemma.org

FREE FINANCIAL CONSULTATIONS

Certified Financial Planner, Tom Dexter provides free financial consultations to Rose Baker Senior Center members by appointment on the 3rd Thursday of each month.

To schedule an appointment for September 16th or October 21st, please call 978-325-5800 and press 4 to speak with Michael Feeney.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>September 2021</h1>		1 9:30 VNA North Shore 12:30 Bingo 1:00 Arthritis Exercise Lemon Chicken	2 10:00 Art Program 10:00 Memoir Writing Group 10:00 Low Vision Group 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Pulled Pork	3 12:30 Bingo 1:00 SHINE Teriyaki Chicken Meatballs
6 Happy Labor Day! Senior Center Closed	7 8:00 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Shepard's Pie	8 8:00 Friends of the COA Meet 12:30 Bingo 1:00 Arthritis Exercise Rib A Que	9 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:00 Group Self-portraits 1:30 Chess Club Special: Hawaiian Chicken	10 10:15 Zumba 12:30 Bingo 1:00 SHINE 1:00 Line Dancing Class Frittata
13 10:00 Art Program 11:00 Bridge Lessons 1:00 Ole Salty Jazz Band Dancing. Calypso Salmon	14 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Tarragon Chicken Salad	15 9:30 VNA North Shore 9:30 State Sen. Bruce Tarr Constituent Services 12:30 Bingo 1:00 Arthritis Exercise Salisbury Steak	16 10:00 Art Program 10:00 Memoir Writing Group 10:00 Financial Info & Consultation 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Thai chicken	17 10:15 Zumba 12:30 Bingo 1:00 SHINE 1:00 Line Dancing Class Chicken Picatta
20 10:00 Art Program 11:00 Bridge Lessons 1:00 Ole Salty Jazz Band Dancing Chicken Cordon Bleu	21 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament American Chop Suey	22 12:30 Bingo 1:00 Arthritis Exercise Cheese, Pepper-Onion Omelet	23 9:30 Podiatrist Visit 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Hot Dog	24 10:00 Brown Bag Mobile Market 12:30 Bingo 1:00 SHINE 1:00 Line Dancing Class Veal Roulade /gravy
27 10:00 Art Program 11:00 Bridge Lessons Sweet & Sour Port	28 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Chicken Parmesan	29 12:30 Bingo 1:00 Arthritis Exercise Mac & Cheese	30 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Turkey Salad	

All menu items listed on the calendar above are for the Meals on Wheels and Grab and Go Lunch Programs provided in collaboration with SeniorCare Inc. To sign up for a Grab & Go Lunch, please call 978-283-0359. To learn more about the Meals on Wheels program, please call SeniorCare Inc. at 978-281-1750 and speak with their Nutrition Department.

All activities listed above are pending current state and local Public Health guidelines and recommendations. To confirm that an activity is taking place, please call the Rose Baker Senior Center at 978-325-5800.



Meet Julie Smith
New Outreach Coordinator
Rose Baker Senior Center

Please join us in welcoming Julie Smith, who will work hard to fill the shoes of retired Outreach Coordinator, Lydia Bertolino. Julie brings a wide range of experience to Rose Baker Senior Center and is eager to meet you. She will help connect you with resources you need.

She loves sports, music, and learning languages. Julie loves meeting new people, especially seniors, and values working with others. Julie also loves food...all kinds of food...and food from different cultures. She describes the Outreach Coordinator position as a dream job for her to serve residents of Gloucester.

Julie's background includes providing direct care to a family member with dementia. She helped her family research and then manage a home care agency. Julie conducted home visits with families as a Care Manager for Adult Foster Care of the North Shore. She connected elderly constituents as well as individuals living with disabilities to services they needed. As a Social Worker/Supervisor at the Department of Children and Families in Lynn and Salem, Julie worked with low-income families and families that needed support securing the basic necessities of life such as affordable housing, meals, and after school programs. Julie was also Director of Athletics for the Gloucester Public School System where she learned a lot about families in Gloucester. She worked with parents who needed help paying the school's fees for participation on sports teams.

Julie has a Master of Science degree in Counseling from San Francisco State University and is a Licensed Social Work Associate. Her Bachelor's Degree is in Anthropology from Harvard University, where she played both soccer and ice hockey. A long-time college coach, Julie started the Division I women's ice hockey team at the University of Wisconsin, Madison after coaching at Cornell University. Julie skated for Team USA in the first-ever International Ice Hockey Federation World Championship in 1990. She was Assistant Coach for the 2002 Salt Lake City Olympic Women's Ice Hockey team.

Julie was born in Durham, NH and "married into" Gloucester 20 years ago. As much as she loves her hometown, when asked where she is from, Julie always answers, "Gloucester!" Julie is eager to roll up her sleeves and contribute to the Rose Baker team. Please stop by and say hello when you get a chance!

GETTING TO KNOW YOU...

We got some great feedback from the responses we received to last month's survey!

We found that seniors in the community have wide-ranging musical tastes, enjoying everything from jazz, classical, and country to show tunes and rock and roll.

We found out that walking is popular and that folks are eager to return to many of the types of exercise classes that we held at the Senior Center prior to the COVID closure.

Seniors who responded also like to learn and asked for presentations that highlight travel destinations, science, astronomy, and history. Respondents also asked for group trips to local museums to explore art and culture.

We'll use this feedback to prioritize our efforts to bring you programs and activities that will enhance your experience of aging in this great community.

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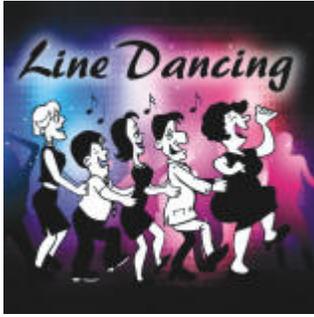
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Line Dancing Lessons Are Coming to the Rose Baker Senior Center!



Did you know that Line Dancing can improve strength and muscle function? It can also help with balance and brain health. Most of all it can be a heart healthy way to **SOCIALIZE AND HAVE FUN!**

Starting on September 10th, we'll offer FREE Line Dancing lessons on Friday afternoons at 1:00 PM

Space is limited so please call to sign up. Simply dial 978-325-5800 and press 4 to speak with Michael to hold your spot for this fun and beneficial activity!

Cape Ann Virtual Senior Center

By partnering with other Cape Ann Councils on Aging, as well as SeniorCare, and 1623 Studios, we are able to bring some Senior Center programming to you in your home.

CHECK OUT LOCAL CABLE CHANNEL 67 FOR SPECIAL PROGRAMMING INTENDED JUST FOR YOU!

Don't miss our September special NUTRITION presentation premiering on September 13th at 1:00 PM.



The Rose Baker Senior Center &
The Open Door

are pleased to announce
the return of The Open Door
Mobile Market Brown Bag



The Open Door's Mobile Market has returned with a new procedure that will save you time. Call to sign up and we'll schedule you for a time to come by to choose your own free, nutritious groceries OR we'll give you the option of driving through the parking lot at your scheduled time to pick up a pre-packaged selection of food. It's your choice! Either way, the Mobile Market Brown Bag program takes place THE 4th FRIDAY OF EACH MONTH starting at 10:15 a.m. The Mobile Market will be here on:

Friday September 24th at 10:15am
Friday October 22nd at 10:15am

This program is open to all senior center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. Call 978-325-5800 and press 4 for more information and to reserve your inside shopping or drive-through pick up time.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.

Not a Senior Center member? No worries!
We can fix that in a jiffy when you call to sign up.

HAVE YOU HEARD ABOUT THE

Community Portraits Project

AT THE CAPE ANN MUSEUM?



Miranda from **CAPE ANN Museum** will visit the Rose Baker Senior Center to make this a fun group activity! She'll provide easy instruction and all materials for this simple project. All self-portraits will be included in the museum's upcoming exhibition *Quilted Together* which will be on display at the Museum's Janet and William Ellery James Center at the CAPE ANN Museum Green.



**COME JOIN US TO CREATE YOUR SELF-
PORTRAIT ON THURSDAY, SEPTEMBER 9TH,
AT 1:00 PM**

Call 978-325-5800 and press 4 to speak with Michael to sign up for this fun community activity!

Movies, Memory, and Meaning...



Please join us at the Rose Baker Senior Center on the Third Thursday of every month at 12:30 for Fun, Food and Film.

After each film will be a short chat about the film with some light refreshments.

September 16, 2021-Queen Bees-

Presented as a comedy, *Queen Bees* is a story about the latter part of human life touching on giving up control on one's life while making new connections and strengthening old ones.

**Starring Ellen Burstyn, Ann Margret,
James Caan, and Jane Curtin.**

"Laughter is an instant vacation."

- Milton Berle

ZUMBA RETURNS!

Starting on Friday, September 10th, at 10:15 AM

We joyfully and gratefully welcome back our Volunteer Zumba Instructor, Patricia, who will help you to burn some calories and have some fun!

**ENJOY THE MOOD LIFTING BENEFITS OF MOVING TO MUSIC WHILE
INCREASING YOUR CARDIOVASCULAR HEALTH!**

This class is offered **FREE** to Rose Baker Senior Center members on the first 3 Fridays of each month. Call 978-325-5800 and press 7 to confirm schedule details.

Ole Salty Jazz Band is Back!

Join us on Monday afternoons at 1:00 to dance or simply tap your toes!

The band is full of joy to be here for your entertainment and you'll enjoy a smile a mile wide when you hear these awesome musicians!

Element Care is offering a FREE Arthritis Exercise Class!

WEDNESDAYS AT 1:00 P.M. at the Rose Baker Senior Center

Join Carol for Element Care's Arthritis Exercise class and enjoy exercises specifically for people with arthritis. Learn gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength.

Just call the Senior Center at 978-325-5800 and press 3 to speak with Michael or register in-person by stopping by the Senior Center.

THE ROSE BAKER SENIOR CENTER NEEDS VOLUNTEERS!

According to The Mayo Clinic, research has shown that volunteering offers many health benefits, especially for older adults, such as:

#1. Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.

#2. Volunteering gives a sense of purpose and teaches valuable skills. Volunteers at the Rose Baker Senior Center perform critical roles such as receptionist, clerical assistance, non-emergency medical transportation driver, Senior Center bus driver, and computer and technology instruction. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.

#3. Volunteering helps people stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.

#4 Volunteering may reduce stress levels. Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

#5 Volunteering may help you live longer. An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

#6 Volunteering helps you meet others and develop new relationships. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.

The Rose Baker Senior Center needs Volunteers in many areas with a particularly acute need for Volunteer Instructors to teach computers and smartphones. We're also helping our friends at SeniorCare who need dedicated Volunteers to drive Gloucester elders to local and out-of-town medical appointments. Volunteer on a flexible schedule; you tell us when you're available. Please call 978-325-5800 and press 2 or 7 for more information about volunteering at the Senior Center. For more information about volunteering at SeniorCare, call 978.281.1750 x568. CALL TODAY! YOU'LL BE GLAD YOU DID!



CHAIR YOGA PLUS FOR SENIORS WITH DIANNA DALY IS BACK VIA ZOOM!

The Gloucester Council on Aging is offering **Chair Yoga Plus** with Dianna **FREE** of charge on **Thursdays at 9:00 a.m., via Zoom.**

Get moving in the comfort of your own home!

Chair Yoga Plus for Seniors can help you: improve core strength and balance, increase flexibility, promote mobility, improve mental health and positive feelings, increase oxygen intake, and help reduce stress and the emotional response to stress.

To join the Zoom class, call the Senior Center at 978-325-5800 and press 4 to provide your email address to Michael. We'll email you the Zoom link and Passcode.

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Thank you for reading Coastline News!

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