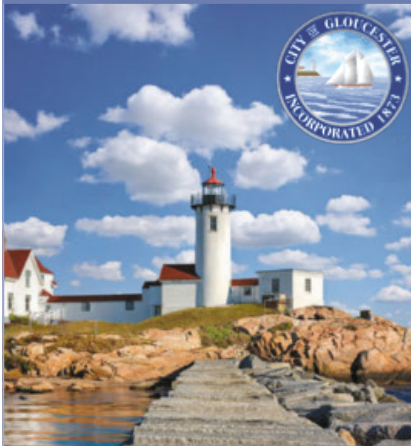


City of
GLOUCESTER
MAYOR GREG VERGA



Gloucester Council on Aging
6 Manuel F. Lewis Street

March 2022

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Michael Feeney, Newsletter Distributor

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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!

We've made it through another Covid surge. The Omicron variant has taken a toll on the community just as winter is taking its yearly toll on our collective patience and stress levels. It seems fitting to me that we're entering into a period of things *tentatively* looking brighter on the Covid front, just as March brings some *tentative* respite on the weather front.

Being a bit of a baby about the cold weather, I've always found it a somewhat of a cruel joke that Spring officially arrives during the month of March. I can recall some particularly harsh March weather. As I sit and write this message to you, the forecast calls for very mild spring-like temperatures for the next 4 days, followed by what could be another major winter storm. It seems Mother Nature has a mischievous sense of humor which leads me to the point of this missive which is simply this: *we have to keep our sense of humor in tact if we're going to be able to withstand the craziness of life's ups and downs, whether they're major ups and downs like loss, grief, and healing or minor ups and downs like a forecasted deep-freeze or blizzard on the day you had planned on enjoying a St. Patrick's Day Parade.*

The idea that humor is the best medicine has been around for a very long time and it's actually backed by quite a few scientific studies at this point. Humor can be a great release mechanism to blow off stress-related steam, whether it's the minor stress of being stuck in a traffic jam or even the extreme stress of coping with grief and loss. Anyone who has found themselves mortified by their inability to control a fit of laughter in the midst of the most somber circumstances can likely attest to the very real need for our body and brain to have a release from that kind of stress.

Humor is routinely regarded as one of the higher coping mechanisms. When humor helps us to see some comical absurdity in highly challenging situations, it not only brings concrete psychological benefits but also can benefit our relationships with others. Laughing together can create a bond between two people or a sense of shared experience among members of a group.

So let's make this a mirthful March! When we're celebrating St. Patrick's Day, let's remember that the Irish culture values warm conversation and good storytelling and humor is often at the core of both. If the calendar says "First Day of Spring" and the weather heartily disagrees, let's remember to laugh at that absurdity. Let's make laughter a choice by watching our favorite comedic movies and television shows and reading our most chuckle-worthy books.

Beloved comedian Bob Newhart, a man who's been making people laugh for over 60 years, once said, "*People with a sense of humor tend to be less egocentric and more realistic in their view of the world and more humble in moments of success and less defeated in times of travail*". But Pulitzer Prize winning American poet Robert Frost may have said it best when he said simply that "*If we couldn't laugh, we would all go insane.*" My wish for you is that any March madness that you experience is of the madcap laughter or maybe even the basketball variety but if you do find yourself unable to use humor to cope with life's stress, please come visit or call us here at the Rose Baker Senior Center!

With warmest regards —
Elise Sinagra, Director of Elder Services

Friends of the Gloucester Council on Aging
Membership Drive

New Member Thanks and Acknowledgements as of February 16, 2022 appear on page 10 of this edition of Coastline News and will continue in the April edition.

The Gloucester Council on Aging deeply appreciates the following individuals for their direct donations to the Gloucester Council on Aging or Rose Baker Senior Center. We thank this month's direct contributors:

- Richard Semple
- Georgia Montouris, M.D.
- Jose Maligno
- Athena McInnis
- Vincie Woodhams

Donations made to help with the cost of mailing the Coastline News to folks at home each month. Thank you!

- Margaret Coronel
- Joanne Libro
- Ronald & Gail Gerring

We are grateful for all those who support us in any capacity.

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PLEASE JOIN US ON THURSDAYS DURING MARCH 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 include a sandwich with condiments, a side salad (like potato salad, coleslaw, pasta salad, garden salad etc.), a bag of chips, fruit, dessert, and DELICIOUS SOUP (perfect for winter weather)!

Sign up today and encourage your friends to do the same. We would LOVE to see you here in March!

FOR MORE INFORMATION OR TO SIGN UP FOR LUNCH, PLEASE CALL MICHAEL AT THE SENIOR CENTER AT 978-325-5814.

MEDICARE 101

*Are you turning 65 years old in the next 6 months?
Is your employer insurance ending?
Do you want to make the most of an upcoming appointment with a SHINE Counselor?*

The Medicare 101 presentation sponsored by SHINE (Serving Health Insurance Needs of Everyone) Massachusetts is a great resource. This 2-hour Zoom meeting is offered several times each month, with morning, afternoon and evening times available. Go to shinema.org to register. Scroll down to REGISTER HERE FOR MEDICARE 101.

You will need to complete a short form and you will need an email address to register. This interactive presentation requires no prior knowledge and will help you understand how to make the best choices for you.

Instructor Kaye Peltier is an experienced SHINE Counselor as well as an excellent presenter!

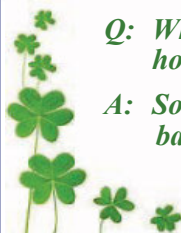
Questions? No email address? No computer?
See Julie Smith, Outreach Coordinator at Rose Baker Senior Center.
Phone: 978-325-5811 jsmith@gloucester-ma.gov

Line Dancing Lessons at the Rose Baker Senior Center!

We offer FREE Line Dancing lessons on Wednesday mornings at 9:15! 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!

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!



Q: What does it mean when you find a horseshoe in Ireland?

A: Some poor horse is going barefoot!



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Me, selfish? You bet I am!

It is true: I am always looking after Number One and seek to benefit from most things I do. Otherwise, I tell myself, why do them at all?

My volunteer work at Rose Baker teaching and helping other seniors with their PCs, tablets, and cellphones exemplifies selfishness. Did you know that people who help other people are often found to be far happier than others who don't? To me, it makes my life feel more meaningful as I see how my work helps improve the lives of others - even if in a small way. It works like this: When I help others, my brain releases chemicals (dopamine) that make me feel good. These chemicals help me feel better about myself and the world around me.

So, why not try to be selfish yourself and sign up as a volunteer with us? You can selfishly horde the internal benefits you'll acquire from helping other people. These benefits are just for you. We need volunteers interested in art, communications, technology, and administration. You don't need to be an expert – God knows I am not! You just need to be willing to help others. You decide on the hours. Try us by calling Elise at 978-325-5815.

Written by: A Rose baker Volunteer

The Office of State Senator Bruce Tarr will offer

CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER

On Wednesday, March 9th 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 4 to reserve your time.

Dear Artists,

With spring on the horizon, our thoughts turn to The Open Door's Empty Bowl Fundraiser which, again this year, will take form as a Drive Through Event featuring the distribution and sales of beautiful bowls. The event will be held at The Open Door's location on Emerson Avenue in Gloucester. Our involvement and enthusiasm is not diminished. As in years past, we will do our best to provide a creative assortment of bowls for one of Gloucester's most cherished and worthy fundraisers. Already we have a wonderful assortment of bowls — each a unique example of dedication and creativity. As always, we welcome your participation. If you have never before participated in this event, I promise that your involvement will be one of accomplishment and joy.

In February, I met with members of The North Shore Arts Association for the purpose of an exchange of ideas as to how we might increase awareness and attendance among our Seniors. The NSAA has many exciting exhibitions and lectures planned for their spring and summer season. I look forward to encouraging interest and participation among our Seniors as exhibitions are announced. In the meantime...we all look forward to a healthy new season, and the chance to meet and to reacquaint!

For now...here's to Staying Young at Heart through Investigating the Arts!

Juni

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.



The Open Door's Mobile Market (formerly known as the Brown Bag) will take place on:

Friday, March 25th at 10:15 a.m.



Please call 978-325-5800 and press 4 to reserve your time to come to the Senior Center on Friday, March 25th to "shop" for free nutritious groceries courtesy of The Open Door!

This program is open to all senior center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. The program starts at 10:15 a.m.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.



Cape Ann Seniors on the GO

OPENING THE DOOR TO FOOD, FITNESS AND FUN

The Cape Ann Seniors on the Go bus will now pick you up at your home and bring you to The Open Door's monthly Mobile Market Program at the Rose Baker Senior Center!

TO ARRANGE FOR A RIDE TO AND FROM THE MOBILE MARKET ON FRIDAY, MARCH 25th, PLEASE CALL ROSALIE AT 978-491-9175.

You will be picked up by the comfortable Seniors on the Go Bus and brought to the Senior Center where the bus riders will "shop" as a group and then you'll be transported back home with your groceries.

Getting nutritious groceries while having fun has never been easier!

Movies, Memory, and Meaning...



Please join us at the Rose Baker Senior Center on the FOURTH Thursday of this month at 12:30 for Fun, Food and Film. After the movie we'll have a short chat about the film with some light refreshments.

March 24, 2022 — LEAP YEAR

This romantic comedy is inspired by the Irish custom, where on February 29th (Leap Day), women of yesteryear were offered an opportunity to propose to a man in defiance of traditional gender norms. This movie stars Amy Adams and features stunning scenery of the Emerald Isle.

FREE FINANCIAL CONSULTATIONS

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

To schedule an appointment please call 978-325-5800 and press 4 to speak with Michael.

If you need assistance finding and/or registering for a COVID-19 booster shot, please call the Rose Baker Senior Center at 978-325-5800 and press 2 to speak with Julie or press 7 to speak with Elise.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March 2022</p> 	<p>1</p> <p>9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament</p> <p>American Chop Suey</p>	<p>2</p> <p>9:15 Line Dancing 9:30 State Sen Tarr's Constituent Service 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Baked Fish</p>	<p>3</p> <p>10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 12:30 Legal Questions & Information 1:30 Chess Club</p> <p>Honey Rosemary Pork</p>	<p>4</p> <p>10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo</p> <p>Veggie Frittata</p>
<p>7</p> <p>10:00 Art Program 11:00 Bridge Lessons</p> <p>Pot Roast</p>	<p>8</p> <p>10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament</p> <p>Chicken w/Piccatta Sauce</p>	<p>9</p> <p>8:00 Friends of the COA Meet 9:15 Line Dancing 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Roasted Turkey</p>	<p>10</p> <p>10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Meatloaf</p>	<p>11</p> <p>10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo</p> <p>Eggplant</p>
<p>14</p> <p>10:00 Art Program 11:00 Bridge Lessons</p> <p>Boneless Chicken</p>	<p>15</p> <p>10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Apple Glazed Pork Loin</p>	<p>16</p> <p>9:15 Line Dancing 10:00 VNA North Shore 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Chicken Meatballs</p>	<p>17</p> <p>10:00 Financial Info & Consultation 10:00 Art Program 10:00 Memoir Writing Group 11:30 St. Patrick's Day Lunch/Party 12:30 Thursday Movie 1:30 Chess Club Special: Corned Beef</p>	<p>18</p> <p>10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo</p> <p>Salmon</p>
<p>21</p> <p>10:00 Art Program 11:00 Bridge Lessons</p> <p>Salisbury Steak</p>	<p>22</p> <p>10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Balsamic Glazed Chicken</p>	<p>23</p> <p>9:15 Line Dancing 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Stuffed Pepper Casserole</p>	<p>24</p> <p>10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Breaded Chicken</p>	<p>25</p> <p>10:00 Arthritis Exercise 10:15 Mobile Market 11:00 SHINE 12:30 Bingo</p> <p>Lasagna</p>
<p>28</p> <p>10:00 Art Program 11:00 Bridge Lessons</p> <p>Roasted Turkey</p>	<p>29</p> <p>10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Macaroni & Cheese</p>	<p>30</p> <p>9:15 Line Dancing 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Pepper Steak Sub</p>	<p>31</p> <p>10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Hot Dog</p>	<p><i>May the luck of the Irish be with you!</i></p> 

Happy St. Patrick's Day!



We're having a party and you're invited!

Please join us on St. Patrick's Day,
Thursday, March 17th, 2022
for a special luncheon featuring food, fun,
musical entertainment and
LUCK OF THE IRISH GAMES & PRIZES!



***This special event will take place
from 11:30 to 1:00.***

***It's time to get out and see some old friends and make
some new ones! So put on your most festive green attire
and join us at the Rose Baker Senior Center!***

Please call Michael at 978-325-5814 to sign-up.
Let him know if this will be your first time
at the Senior Center so that we can give you a
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**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 4 to speak with Michael or register in-person by stopping by the Senior Center.

FREE CHAIR YOGA PLUS WITH DIANNA DALY 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 strength and balance, increase flexibility, promote mobility, increase oxygen intake, and help reduce stress and the emotional response to stress.

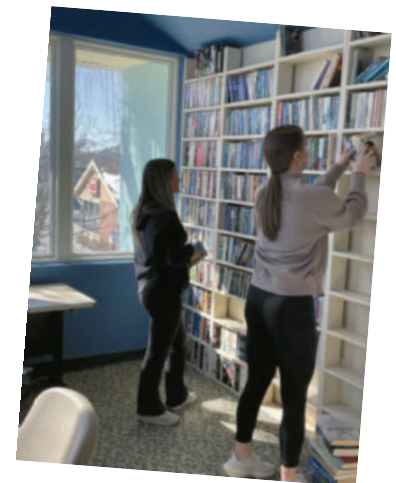
To join the Zoom class, call the Senior Center at 978-325-5800 and press 4 to provide your email address to Michael. We'll email you the Zoom link and Passcode.

**Endicott College's Nursing Students know that
VOLUNTEERING FEELS GOOD!**

The Rose Baker Senior Center was lucky enough to be asked to be a host site for The Endicott College School of Nursing's Service Day on February 15th!

Three wonderful nursing students joined us to help dispose of some of our old unused VCR tapes to make room for improvements to our Library area. They also got the ball rolling on those improvements by organizing our existing reading materials by category to make it easier for YOU to find something to read in a genre that you find enjoyable.

Pictured in the group photo, from left to right, are Jess Monahan, Riley Henriques, and Gabby Verderame.



If the energy, professionalism, and caring that they showed when they helped us are any indication of the kind of nurses they will be, their patients will be in good hands!

Who says there's no such thing as a free lunch?

DID YOU KNOW...

...that you can get a FREE nutritious GRAB & GO LUNCH 5 DAYS PER WEEK from the Rose Baker Senior Center and our partners at SeniorCare? And if you'd like, you can stay right here at the Senior Center and eat lunch with a few friends!

Simply call 978-283-0359 before 11:00 a.m. to order your lunch for the following day (call on Friday for Monday lunch). Then stop by the Senior Center between 11:00 and 11:30 AM to pick up your lunch the next day. See the calendar on page 6 for daily menu information.

DO YOU NEED DIABETIC SHOES?

On Wednesday, May 18th, starting at 1:30 PM, we will have a professional at the Rose Baker Senior Center providing measurement services to fit you for a pair of diabetic shoes. Appointments take 10 minutes.

YOU MUST BE DIAGNOSED WITH DIABETES TO PARTICIPATE!

Prescription forms will be available at the Senior Center front desk. Your doctor will need to approve you for this service and fax the forms to ProMedical East at the number provided prior to your appointment.

CALL 978-325-5800 AND PRESS 4 FOR MORE INFORMATION OR TO SCHEDULE YOUR APPOINTMENT.

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Due to be released Spring 2022



The Past Is A Present
Celebrating the Lives of "The Gloucester 28" - The amazing life stories of 28 Seniors from the Rose Baker Senior Center

Pre-orders for the book can be made on the website with either credit cards or PayPal. Checks in the amount of \$25 can be made out to: "Friends of the Gloucester Council on Aging" and mailed to: Howard Frisch c/o Friends of the Gloucester Council on Aging 128 Main Street Gloucester, MA 01930 You can also leave your checks with Michael Feeney at the Senior Center

Website: pastisapresent.org



**Q: What do you call a fake Irish stone?
A: A SHAM-rock!**



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.



We are grateful for the following contributions to the Friends of the GCOA's Annual Appeal:

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06-5096

You know your community best!

That's why we want your help to support your neighbors as they enroll in Medicare for the first time, review plan options, or troubleshoot problems. Your local SHINE program has an opportunity for you to train to be a certified SHINE counselor.

As a SHINE counselor, you give back to your community, sharpen and build skills, and stay engaged and connected in your community.

As one volunteer states *"What I am doing now is a good reason for me to get up in the morning. It makes me feel good about myself. It lets me know that I am helping people make their lives better."*

SHINE screens, trains and certifies all volunteers so you don't need a background in health insurance to get involved. All you need is integrity, a willingness to learn, a desire to help others, and the time to give.

The SHINE program is currently accepting applications for a new SHINE counselor training in the spring (dates TBD).

It will be helpful for you to attend a volunteer informational session via Zoom on March 10 at 10:00 a.m. to learn about this opportunity.

For a SHINE counselor application packet call 978-946-1374, and leave your name and mailing address with a request for the application.

Or to register for the info session, email: lrose@agespan.org.

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