



SENIORS

by-the-Sea

Manchester Council on Aging

**MAY
JUNE
2021**

By keeping our elders as integral members of the community and supporting them through community services, resources and intergenerational activities, we endeavor to improve their well-being and enjoyment of life.

COA BOARD MEETING

Date 5/12/2021

Time 4:30 p.m.

Date 6/9/2021

Time 4:30 p.m.

FRIENDS OF THE COA MEETING

Date To Be Announced

Time 4:00 PM in Room #7

VAN SCHEDULE

MON 9:00 to 2:00

TUES 9:00 to 3:00

WED 9:00 to 4:00

THURS 9:00 to 4:00

FRI 9:00 to 3:00

24 hour notice is requested
for transportation



10 CENTRAL STREET, MANCHESTER BY-THE-SEA, MA 01944



(978) 526 - 7500



WWW.MANCHESTER.MA.US

Concierge Level In-Home Care

- Case Management / Medical Escort
- Safety and Emergency Planning • 24/7 On-Call Support
- Meticulous Staff Selection • Licensed Nurse Supervisors
- Companions - Certified Nursing Assistants
- Home Health Aides - LPNs - RNs
- Fully Bonded and Insured

ABERDEEN HOME CARE, INC.

978-317-5975

ABERDEENHOMECAREINC.COM
8 CHERRY STREET • DANVERS, MA 01923
Specializing in Private Duty Home Care Since 2001



Since 2015

Cape Ann's Only Full Time Board Certified Hearing Specialist

BEAUPORT HEARING CARE™

Hearing Testing • Hearing Aids & Repairs
Tinnitus Care • Hearing Protection



8 LEXINGTON AVENUE • MAGNOLIA
JUDI HODGE BERGERON BC-HIS #8035, MA HIS #293



978-525-2300 • beauporthearing.com



CAPE ANN SAVINGS
TRUST & FINANCIAL SERVICES
PLANNING • ADVISING • INVESTING
A DEPARTMENT OF CAPE ANN SAVINGS BANK

- PLANNING
- ADVISING
- INVESTING

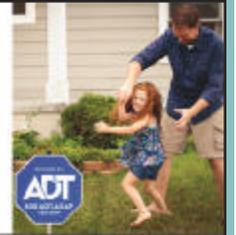
Investments purchased through the Cape Ann Savings Trust & Financial Services Department are not FDIC insured, not FDIC guaranteed, not bank guaranteed and may lose principal value.

capeannsavings.bank

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Lisa Templeton**
to place an ad today!
ltempleton@4LPi.com
or **(800) 477-4574 x6377**

SeniorCare

Elder Services | Information | Solutions

Serving the
North Shore Senior Community Since 1972
Call Us First! 978-281-1750
www.seniorcareinc.org

DAY BY DAY
ADULT CARE INC.



4R Blackburn Center, Gloucester, MA

978-281-0252

www.daybydayadultcare.com

Providing adult day services to seniors for over 36 years



ALLEN'S PHARMACY

40 BEACH STREET, MANCHESTER-BY-THE-SEA, MASSACHUSETTS, 01944

Phone: (978) 526-1321 | Fax: (978) 526-1190

www.allenspharmacy.com

SINCE 1856



20%
off American
Greeting cards
with this Ad

Front Store Hours: Mon-Fri: 9am-6pm • Sat & Sun: 9am-5pm

Allen's Pharmacy is Truly Your One Stop for All Things



A Light Exists in Spring

By: Emily Dickinson

"A Light exists in Spring
Not present on the Year
At any other period –
When March is scarcely here

A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.

It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.

Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay –

A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament."

TURNING 65?

If you're turning 65 in the next 3 month
Nancy Hammond is available for a
SHINE appointment to discuss
healthcare options.

OTHER COLLECTION PROGRAMS

The Council on Aging continues to
collect cell phones, eye glasses and
pop tops for recycling.

C.O.A. Staff Listing**Director of Senior Services**

Nancy Hammond
978-526-7500
hammondn@manchester.ma.us

Program Coordinator

Eva Palmer
978-526-7500
palmere@manchester.ma.us

Community and Outreach

Please contact the C.O.A. office at 978-526-7500 for more information or to schedule an appointment.

HEALTH INSURANCE INFORMATION/SHINE PROGRAM

Serving Health Information Needs of Elders. Nancy Hammond is available by appointment by calling the C.O.A. office at **978-526-7500 to answer questions** regarding health insurance and prescription plans.

NOTARY SERVICES

Nancy Hammond, Director of the C.O.A., is a notary public. So the next time you need something notarized give us a call, this is a free service.

PROTECTIVE SERVICES FOR ELDER

Manchester's protective services office for elders is SeniorCare, Inc. at **1-866-927-1050 (toll free)**, available 24 hours a day for elder abuse or neglect and can work with the highest degree of confidentiality for sensitive situations.

VETERAN'S SERVICES

The Department of Veteran's Affairs provide a wide range of benefits to all veterans. Here is a reminder of some services that are available. Bronze or granite grave markers are provided and installed at no cost. The VA replaces lost medals, ribbons, and other awards at no cost. Prescription drugs can be obtained at the cost of \$8 per month per prescription. If you are a veteran or relative of a veteran and have questions contact the District Office at 12 Emerson Ave. Gloucester **978-281-9740**.

MEALS ON WHEELS PROGRAM

Are you homebound, just getting home from a hospital stay, having trouble preparing your meals? If you are over 60 and need some nutritional support. Meals on Wheels could be your answer. The program offers nutritionally balanced hot meals at lunch time five days a week. Small donation requested for meals. This program, along with the congregate meals, is sponsored by SeniorCare, Inc. **Call the C.O.A. office at 978-526-7500 if interested.**

VNA HEALTH CLINIC (CURRENTLY UNAVAILABLE)

1st & 3rd Thursdays of the month, 10:00 - 11:45 AM at the Congregational Chapel. Services offered include: health assessments, blood pressure screenings, B12 administration, pulse, heart and lung monitoring, blood sugar screenings for diabetics, medication and diet consults. Drop in. Free.



Spirituality and the Link to Health

Have you found yourself drawn to activities and books that focus on the spirit? You aren't alone. Many people say they feel an increased need to tap into their spiritual side. Religion and spirituality are often cited as being more important in the second half of life. And these feelings aren't limited to those who have a chronic or life-limiting illness. While half of all seniors regularly attend religious services, spirituality isn't limited to organized religion. For many, it is an inward, self-reflective journey. An adult who develops an interest in spirituality might be searching for meaning and purpose in life. The White House Conference on Aging in 1971 described spirituality as "the basic value around which all other values are focused."

Health Benefits of Spirituality According to Psychology Today, connecting with the spirit often comes with improved health. A few of the health benefits of a strong sense of spirit include: Lower rates of stress and depression · Longer, more fulfilling lives · More faithful relationships · Better coping abilities and greater resilience · Happier family lives

These benefits may result from the sense of peace and the healthy interpersonal relationships common among people with a strong spiritual connection.

What Is a Spiritual Journey? A spiritual journey may be a quiet time of personal reflection or a time to participate in community retreats and workshops. For some people, it may be a combination of time alone and time with spiritual mentors and fellow seekers that propels their journey.

Exploring the spirit can give an individual an opportunity to gain better insight into how they are connected to the world around them. It can also help them focus on how they live their life and how they want to be remembered. Those questions may take a considerable amount of time to answer.

Nurturing your spirit can take many forms. A few to explore on your journey might be: Gardening, bird-watching, or other activities that help you connect with nature · Reading daily Bible verses or nondenominational morning and evening devotionals · Joining a Bible study group or an online spiritual group · Practicing meditation, yoga, Pilates, or other activities known to help calm the mind and boost the spirit · Taking art classes that allow you to create and express yourself in new ways, such as glassblowing, drawing, or pottery · Writing your autobiography to revisit every stage of your life and important milestones · Learning more about your genealogy and events in your family's history that may have shaped you · Volunteering for a charitable organization you feel a personal, emotional connection to · Daily journaling to get in touch with thoughts and feelings your conscious mind might be suppressing

The bottom line is that giving yourself time and permission to explore and nurture your spirit is important for your mental, emotional, and physical well-being.

What are the ways you nurture your spirit?

Name: _____

Date: _____

What's In Your Garden

G S H T E W E D Y E N O H B L
 A Q C N R O C N R N K B P E T
 R U A E A A O E I A E R T A U
 L A N A R I B K L E T T N N R
 I S I S N M P E T O U S L S N
 C H P O U M B R O C C O L I I
 K Z S C U G I R E O K T A S P
 O U U P A R A B R A B U H R C
 H C O U C P A R S N I P S T O
 L C T A A R E I A T U H R O L
 R H A R R R S R E P P E P L L
 A I T K R S I O O C S A N L A
 B N O O O H S I D A R A E A R
 I I P E T P U C H A R D N H D
 E P E A S T A L U G U R A S S

Word List:

CARROTS
 PEPPERS
 CUCUMBER
 TURNIP
 ONION
 POTATO
 OKRA
 LETTUCE

PARSNIPS
 ZUCCHINI
 RADISH
 ARUGULA
 GARLIC
 RHUBARB
 SQUASH

PEAS
 HONEYDEW
 PUMPKIN
 KALE
 SHALLOT
 CORN
 COLLARDS

BEANS
 BROCCOLI
 SPINACH
 BEET
 KOHLRABI
 CHARD
 ASPARAGUS

Joke of the Month

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.

Recipe of the Month**Tasty Tomato Tart**

This easy weeknight dinner is packed with lycopene and vitamin C to boost vision health. It's similar enough to pizza that even picky eaters will try it — but it's a total showstopper with fresh, colorful ingredients.

Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (such as blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano
-

Instructions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

Recipe from: www.aplaceformom.com

MONDAY 03	TUESDAY 04	WEDNESDAY 05	THURSDAY	FRIDAY 07
1937: Margaret Mitchell won a Pulitzer Prize for "Gone With The Wind."		1965: The 13th Amendment was ratified, abolishing slavery in the U.S.	Market Basket Trips	
10	11	12	13	14
1994: Nelson Mandela was sworn in as South Africa's first black president.	1910: Glacier National Park in Montana was established.		Market Basket Trips	10:00 Trader Joe's/ Walmart
17	18	19	20	21
1985: Bobby Ewing died on the season finale of "Dallas." He returned the following season.			Market Basket Trips	1980: The movie "The Empire Strikes Back" was released.
24	25	26	27	28
	1992: Jay Leno debuted as the new permanent host of NBC's "The Tonight Show."		Market Basket Trips	
31				



SUPPORT OUR ADVERTISERS!



MONDAY	TUESDAY	01	WEDNESDAY	02	THURSDAY	03	FRIDAY	04
			Market Basket Trips				1984: Bruce Springsteen released his most successful album "Born in the U.S.A."	
07	08	09	10	11				
	1949; George Orwell published his novel, "1984."	1973: Secretariat won the 105th Belmont Stakes.	Market Basket Trips	10:00 Trader Joe's/ Walmart				
14	15	16	17	18				
1777: The "Stars and Stripes" were adopted as the national flag of the United States.		1960: Alfred Hitchcock's movie "Psycho" premiered.	Market Basket Trips	1815: Napoleon suffered a shattering defeat at the Battle of Waterloo.				
21	22	23	24	25				
1893: The Ferris Wheel was introduced at the World's Columbian Exposition in Chicago, Illinois.		1894: The International Olympic Committee (IOC) was founded.	Market Basket Trips	1950: North Korea invaded South Korea, initiating the Korean War.				
28	29	30						
1939: Pan American Airways began the first transatlantic passenger service.								

SUPPORT OUR ADVERTISERS!



SNAP

The Open Door SNAP office is available to help seniors with all things SNAP (Food Stamps) related:

- Help seniors to apply for SNAP
- Help seniors to recertify for SNAP benefits
- Help to make sure that seniors are receiving the correct amount of benefits
- Check to make certain that seniors are submitting medical deductions if needed
- Advocate for seniors with the Department of Transitional Assistance (DTA) with any issues/problems.

Helpful Links for COVID-19 Info

- <https://www.mass.gov/info-details/covid-19-updates-and-information>
- <https://www.mass.gov/orgs/massachusetts-emergency-management-agency>

Walking Club

The weather is getting nicer and the Council on Aging wants to see you out there breathing fresh air and getting some exercise. On Tuesday mornings, starting in mid May, we'll drive to local, safe walking areas (like the Gloucester Blvd) where you can get out and walk at your own pace. Weather permitting. Let us know you're interested. Call the C.O.A. at 978-526-7500



Cape Ann Virtual Senior Center

Bringing your Council on Aging to the safety of your home

Join us on cable TV channel 67 for programming designed by your Councils on Aging, including Tai Chi, yoga, stretching, strength & balance, musical programming, and special performances.

Program times vary. A full schedule is available at www.ADFCA.org/coa or call your local Council on Aging.

Celebrating Older Americans Month
 May 6 • Special Lunch & concert
 May 27 • Special Lunch & programming

Call Your Council on Aging for Information!

Cape Ann Virtual Senior Center is a collaboration of the Councils on Aging of Essex, Rockport, Gloucester, and Manchester by the Sea SeniorCare Inc. Age & Dementia Friendly Cape Ann 1623 Studios





Market Basket Trips Every Thursday



Podiatry Clinic-Dr. Van Ess
June 1st | Starting at 11:00 a.m.
Call the C.O.A. to reserve a spot

Walk Massachusetts Challenge

Earn Money for Your Council on Aging, and Possibly Win a \$50 Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is back!

Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes!

The challenge runs from May 1 to September 30. In that time, if you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card . . . and for each person who completes the challenge, your Council on Aging gets an entry to win up to \$1000 for use with fitness programming. The more of us who walk, the better the chances!

Here's how it works:

You choose a challenge based on a Commonwealth of Massachusetts fun fact on the registration/tracking form. It could be from walking 65 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! Be your own guide as to what you can do. You can walk inside, outside, on a track or a treadmill – wherever you want! Then, track your walking between May 1 and September 30 either on our online form, or use our handy-dandy walking journal. Submit your form at the end of the challenge, and be entered to win! It's that easy! Councils on Aging will receive an entry for each person who completes the challenge. The COA with the most completions will win \$1000 toward future programming!

The first 500 people to sign up with receive a nifty, lightweight backpack and reflective slap bracelet. And we all know the drill by now – practice safety at all times, with masks and social distancing, walk in good lighting and on even surfaces.

Don Thompson Mass RS# 2626



6 Pine Street, Manchester, MA 01944
Voice: 978-526-1131
Fax: 978-526-8464



Putting the Care in Home Care

24 Hour live-in care
Private Nursing * Homemaking
Home Health Aides
Companion Care * Transportation
Private Pay or Veterans
978-655-6540
www.savenshomecare.com



ENGEL & VÖLKERS
Senior Real Estate Specialist
978-337-9644
julie.smith@evrealestate.com
JulieGambleSmith.com

Julie Smith
Engel & Völkers By the Sea

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

BEAUPORT LAW, LLC

Elder Law | Estate Planning | Probate

Priscilla A. Malboeuf, Esq.

www.beaumontlaw.com

978-281-0812

55 MAIN STREET, GLOUCESTER

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

Lpi is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

Greely Funeral Home & CREMATION SERVICE



"Serving Cape Ann families since 1884"
212 Washington Street, Gloucester

978-283-0698



THE MANCHESTER C.O.A PRESENTS
THE DR. GREGORY VAN ESS PODIATRY CLINIC

Podiatry Clinic

Tuesday, June 1st

Starting at 11:00 a.m.

Appointments will be at Dr. Van Ess's office in Salem

The clinic can accommodate 4 patients per hour. Appointments are required.

Please call the Manchester C.O.A. at 978-526-7500 to sign up.

You will be mailed paperwork that needs to be filled out and a consent signed before treatment.

Bring you insurance card, if it is a covered service a claim will be submitted. A fee will be incurred if it is not a covered service payable at the time of the appointment.

Transportation is available.

Manchester Council on Aging

10 Central Street
Town Hall
Manchester by-the-Sea, MA 01944

**Newsletter Mailing Courtesy
Of The Friends of The C.O.A.**

U.S. Postage

PAID

Manchester, MA

Permit No. 14