



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 8:00 am - 4:00 pm

THE WENHAMITE

APRIL 2014

WENHAM COA
10 SCHOOL STREET
978-468-5534
COA@WENHAMMA.GOV

Volume 1, Issue 7

Older adults will...

Have good diets

Healthy Eating Healthy drinking

Be socially engaged

Close relationships
Social activities
Civic involvement
Work

Be physically active

Cardio
Strength
Balance

Lead meaningful lives

Valued activities
Spiritual satisfaction
Handle loss and anxiety
Sense of purpose

Be proactive about health

Understand and manage their health conditions.
Seek and receive support from others.

Feel safe and secure

In income
From Housing
From violence

...and communities will support older adults to achieve these goals **cited doc on page 2

Late March standing in the middle of Wenham Lake

New *Witness the Fitness*

Please call for assessment: Thursday, April 25th

Outdoor walking club - Spring 2014

Call for information 468-5534 sponsored by

Boston Center for Physical Therapy and Sports Medicine

Fitness is important for everyone, and especially important to help us counteract all the effects of aging. We know the benefits of exercise and the scientific evidence is clear. Exercise can help improve heart health, strengthen muscles, build bone density, improve your mood, help you sleep better and even increase your cognitive abilities. The Heart Association, the CDC and Diabetes association all agree that adults should do 30 minutes of exercise a day on at least 5 days a week, or 150 minutes total each week. They also recommend that older adults do strengthening for all the major muscle groups on at least two days per week. Many people would like to get more exercise but are unsure how to start. Start with us!

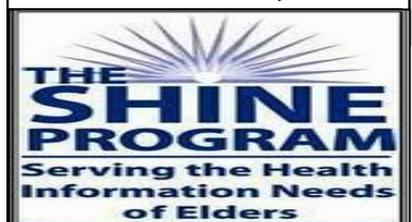
Spring is nature's way of saying, "Let's party!" Robin Williams

We look forward to the warmer days ahead and when it does hope you will come by and see us. I hope to get out and visit as many people as I can this Spring and Summer on my bike. If you are interested in a visit to explore any thoughts or concerns please call us.

March was the kick off for the *Memory Café* at the Wenham Museum which was hosted by Peggy Cahill and Carolyn Nenart, the Education and Program Dir. for the museum. The time is set for the 2nd Thursday of each month and is a time for people to gather for anyone whose loved one is suffering with Alzheimer's and anyone else who might want to come and talk about it in a comfortable, quiet setting. The next gathering is scheduled for Thursday, April 10, 2014; 2 - 4 pm

Be on the lookout for a screening of the documentary film called *I Remember Better When I Paint*, narrated by Olivia de Havilland. The film explores the impact of art and other creative therapies on people with Alzheimer's and how these approaches can change the way we look at the disease. Thanks again for all your support.

Jim Reynolds



CALL MONDAYS - 468-5534

Attitude and Gratitude

Another longtime Wenham resident with quite a story...

Jane Granz, also known as Leda, and her husband Norman moved to Wenham in 1953. He custom built nearly the entire inside of their house, including closets and drawers, even building a closet just for an ironing board. She has three living children who keep a close eye on her. Son Dan and his wife Lynn live nearby, and help out whenever time allows.



Jane was as she says 24/7 for 30 years as a caretaker for her husband. When Norman was only 40, he developed a rare disease known as Olivopontocerellar atrophy (OPCA), which is degeneration of neurons in specific areas of the brain. In layman's terms, the disease was affecting his brain stem, and soon he was bedridden. Jane is a world-class taskmaster by all accounts and can do things much faster than an average mere mortal; for example, "Iron a shirt-one minute and thirty seconds!" Folks, that is *fast!*

Her own health was not great either. At age 38, Jane discovered she was allergic to just about everything on planet earth. As more and more chemicals were introduced to different products, her health became worse. Nevertheless, she stripped and refinished close to 300 pieces of furniture, and sewed her daughter's wedding dress and all six bridesmaids' dresses, including the flower girl. She still has considerable health problems, in particular heart arrhythmia, but nothing keeps her from chipping her way through tasks around the house.

She offered a great tribute to Wenham's Fire and Police departments. She explained, "I kept a transport stretcher in the garage and when we used to go off to York, Maine for the summer, I would load Norman on the stretcher and call the police. Early every summer they would help me get him in the car. It was never a problem on the other end getting him in to the cottage, but I knew my limits. I love this town and this house and am truly grateful to God for each precious moment!"

by Jim Reynolds

Programs and Events

Internet Cafe—The Wenham COA will be on the 2nd Wednesday of each month, starting at 2 pm. The first meeting is Wednesday April 9, at 2, and will focus on FaceBook. Our Director Jim will bring in his laptop and hook it up to the screen, and our Chairman Lucy will bring hers for hands on trials. The goal is to tell you what FaceBook is, teach folks how to access the online social media site, to see their friends and grandchildren's photos, and maybe upload some photos of their own. If folks like the idea, we can do more internet cafés monthly or even weekly. Future topics might include internet search engines, the new town web site, tumblr and Twitter, or just dropping in for help. Call to say if you will be coming, so we can have enough materials and refreshments for all.

NEW Knitting Group - 4th Thursday of April. April 24, from 3-4:30 pm Penny Wingate and Buffy Colt are starting a "knitting group" that aspires to be for any kind of handwork, done for whatever reason, meeting at the COA monthly, and be a social get together with chatting and helping each other, and light refreshments. Crotcheters, sewers, and quilters are welcome, at any level, we guarantee! People with a specific skill are welcome to come and share their expertise or talk to a group about techniques and special projects. If the group gets going, the leaders are thinking of meeting more frequently.

Newly Bereaved - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (Former Kaplan House). A one time workshop for loss of 1—3 months. **Young Widowed**, Thursdays, 6:30pm - 8pm, March 6 - April 24. **Loss of Spouse/Partner**, Tuesdays, 6:30pm - 8pm, March 18 - May 6. **CONTACT: Bertolon Center for Grief & Healing**, 78 Liberty Street, Danvers, MA. 01923. For more information or to register call (855) 774-5100. Email: grief@CareDimensions.org.

Fuel Assistance is still available through Action, Inc. (978) 282-1000 for income-eligible households until April 30. To be eligible, family or household income must be less than \$2,672 per month for those who live alone or \$3,494 for couples!

Senior Circuit Breaker Tax Credit - You are eligible if you are 65 or older and your real estate taxes are greater than 10% of your income. Homeowners and renters can claim the credit. for 2013 tax returns, total income for single people cannot exceed \$55,000 (\$69,000 for a head of households or \$82,000 for a Married couple). For homeowners, the assessed value of their primary residence cannot exceed \$700K.

Wenham COA Movies - Tuesday, April 8 at 10 am - **About Time** At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life. His decision to make his world a better place by getting a girlfriend turns out not to be as easy as you might think. This is a true story Thursday, April 22th at 2 PM - **Band of Bearded Brother - Red Sox 2013**. Narrated by former Red Sox first baseman and 2004 World Series champion Kevin Millar. With exclusive, behind-the-scenes footage and never-before-seen highlights, the film showcases how the 2013 Boston Red Sox overcame adversities and developed into a personality-driven, resilient team. Duration: 81 minutes.

****Front Cover- Cited from: Highlights from the Massachusetts Healthy Aging Data Report: Community Profiles 2014** commissioned by Tufts Health Plan Foundation Research and analysis by in Collaboration with Gerontology Institute John W. McCormack Graduate school of Policy and Global studies and the Mass Healthy Aging Collaborative.

THE WENHAMITE

APRIL 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
HWM: Hamilton Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Chair Yoga-W- Lisa 12:30pm - 1:30pm *Sen. Tarr Rep Dick Curran W 12-2pm	2 OPEN HOUSE 2-3PM Bridge - HWL - 10am TaiChi - HWCH - 10am	3 *Market Basket <u>or...other trying</u> Walmart on the 17th ! <u>Time:TBD</u> <i>Every Thursday</i> *Balance+-W- Regina 12:30pm - 1:30pm	4 "The Boy Who Would Be Shakespeare" HWL - 10:30 AM Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM <u>*SATURDAY RIDES</u> THE TOWN MEETING - 1p
7 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm COA Board Mtg - 1:30p	8 *MOVIE - 10 am <i>About Time</i> *Chair Yoga-W- Lisa 12:30pm - 1:30pm *Fly Fishing Seminar Part 1 - 7pm	9 Blood Pressure Clinic - H - 10am-12pm Bridge - HWL - 10am TaiChi - HWCH - 10am *Internet Café - W 2pm.	10 *Market Basket H-W Library - Movie <i>The Book Thief 10:15a</i> Cribbage - HWL - 10am *Balance+-W- Regina 12:30pm - 1:30pm "Memory Café" HWM 2 - 4 pm *New Book Club kick off meeting. W - 4:30 PM	11 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM <u>SATURDAY 12th COFFEE</u> <u>Jack Haulk >>>9-10:30AM</u> <i>Remember When - April 12</i>
14 *SHINE W 10am - 12p Audiology - H - 12pm-2 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm *Computer Help 9 - 4pm	15 *Chair Yoga -W- Lisa 12:30pm - 1:30pm H-W Library - 11:30a <i>Literary Lunch</i> *Fly Fishing Seminar Part 2 - 7pm	16 OPEN HOUSE 2-3PM Low Impact Aerobics LEG 8:30-10:15 am Crafty Ladies - 2pm Bridge - HWL - 10am TaiChi - HWCH - 10am	17 *Walmart Cribbage - HWL-10am *Audiology - W - 12pm *Balance+-W- Regina 12:30pm - 1:30pm	18 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM *Computers - Open House W - call (978) 468-5529
21 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	22 TRIAD Meeting - W 10 am - Fire, Police, COA & Sheriff *Chair Yoga-W - Lisa 12:30pm - 1:30pm *MOVIE - 2 pm <i>Banded Beard of Brothers 2013 Red Sox</i>	23 Blood Pressure Clinic H - 10am-12pm Bridge - HWL - 10am TaiChi - HWCH - 10am *Podiatrist H - 9:00am *ART CLASS WITH ALEAH 2PM	24 *Market Basket Low Vision-H - 12:30p *Balance+-W- Regina 12:30pm - 1:30pm <u>*NEW Knitting Group</u> 3pm - 4:30pm	25 Zumba G HWR 9am Gentle Joints H 10-11am BINGO - ENON - 2PM *Computers - Open House W - call (978) 468-5529
28 *SHINE W 10am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm *Computer Help 9 - 4pm	29 *Chair Yoga -W - Lisa 12:30pm - 1:30pm "Hank Phillippi Ryan" HWL - 6:30 - 9:30pm	30 OPEN HOUSE 2-3PM Bridge - HWL - 10am TaiChi - HWCH - 10am		

Day Trips with Ipswich and Hamilton

Call 978-468-5534 to sign up and full pay is required

April 10th - Fenway Park Tour - Thursday, April 10th, \$75/pp . We will enjoy a special guided tour of Fenway Park where we will hear a wonderful narrative of Fenway's history and present day upgrades and amenities. We will then enjoy a delicious luncheon at the No Name restaurant. Following a visit to historic Quincy Market, we will tour the USS Constitution to celebrate Boston's Maritime History.

May 15th - Authentic Maine Lobster Bake - Thursday, May 15th, \$69/pp . Travel to Scenic Nubble Light and York Village where you will have time to browse through Boutiques or stroll along Ocean Drive. The feast on a delicious lobster bake (or BBQ chicken) that is steamed over a roaring wood fire. Enjoy live musical entertainment as you dine. We will drive home along the scenic Atlantic Seacoast and visit the "Where Pigs Fly Bakery" and Stonewall Kitchens.

July 17th - Majestic Maine Cruise - Thursday, July 17th, \$79/pp. In Portland you will board a ferry for a two hour narrated tour of Casco Bay, it's many beautiful islands and the beautiful Maine coast. At Bailey Island you will have a delicious luncheon at Cook's Lobster House which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you will visit the outlets in Freeport, Maine for some shopping.

August 14th - Cape Cod Canal Tour - Thursday, August 14, \$74/pp. Brimming with history, age old charm and scenic sights, Sandwich will delight you with it's many attractions. You will visit the Sandwich Glass Museum and then enjoy the Grand Buffet at the Daniel Webster Inn. The special highlight of the day is a narrated two hour cruise of the Cape Cod Canal. You will learn the history of this important maritime resource and how it boosted New England commerce since its inception.

October 9th - NH Turkey Train - Thursday, October 9, \$72/pp. Board the scenic railroad dining car to enjoy the changing colors of sugar maples. You will be served a delicious full course luncheon featuring Hart's Turkey Farms roast turkey dinner. You will also enjoy a visit to the magnificent Clydesdales at the Anheuser Busch brewery in Merrimack, NH.

...more trips are planned! **November 13th, Foxwoods Casino / December 11th - Indian Head Resort Christmas Tour.**

Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAY

*****Park at the Wenham COA, be green and enjoy the company of your friends*****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS

Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

SeniorCare, Inc. provides direct and indirect funding for outreach and other programs. Donations accepted at all events including transportation. Thank you.

WENHAM 60+ RESIDENTS ~ FREE TAX HELP!

AARP & RSVP Volunteers of the North Shore

In conjunction with the IRS will provide free tax assistance at

Hamilton/Wenham Library (978) 468-5577

~ **Wednesday, 10am - 12:30pm, appointment only** ~

Highlights Around Town



<<< **PIZZA AND PAINT PARTY - Wednesday, April 23rd at 2 pm** in our COA Building on 10 School Street we will be **EXPLORING OUR ARTISTIC SIDE**. The initial phase involves laying a base coat which takes about 15 minutes to dry. During that time we'll feast. The idea has been stolen from our inspired city kids, a new form of entertainment. They call them "PAINT NIGHTS" and they happen in bars. One artist features their work and they help you with duplicating it! If you are interested please call so we have a clue of our headcount (978) 468-5534. We'll be painting the work pictured to your left by artist Aleah Gates. Check it out! <http://paintnite.com/pages/home/index>



Discover the Library!

Book Discussion, Friday, April 4th, 10:30 am *The Boy Who Would Be Shakespeare: A Tale of Forgery and Folly*. Ipswich writer Doug Stewart gives an illustrated talk about history's most daring literary imposter.

Movie: The Hobbit: Desolation of Smaug, Friday, April 18 at 1:30-4:15 pm. Part II of *The Hobbit: An Unexpected Journey*, they finally make it over and under the Misty Mountains: "The dwarves, along with Bilbo Baggins and Gandalf the Grey, continue their quest to reclaim Erebor, their homeland, from Smaug. Bilbo Baggins is in possession of a mysterious and magical ring."

Literary Lunch, Tuesday, April 15th 11:30 -12:30 PM:

The featured title is *The Light in the Ruins* by Chris Bohjalian. "Hoping to safeguard themselves from the ravages of World War II within the walls of their ancient villa in Florence, the noble Rosatis family become prisoners in their home."

Author and reporter Hank Phillippi Ryan, Tuesday, April 29 from 6:30-9:30 PM. Ms. Ryan is the on-air investigative reporter for Boston's NBC affiliate. She's won 30 EMMYs, 12 Edward R. Murrow awards and dozens of other honors for her ground-breaking journalism.

Fly Fishing Seminar (Tues)
April 8 & 15 - 7:00 - 8:30 pm
Capt Derek Spingler and Capt. Nat Moody will teach and demo Rods, Reels, Lines and which fly for what circumstance.
firstlightanglers.com/



The Humble Clam

Weds, April 30 at 7pm

The Salty Story of a Culinary Icon presented by food historian, Joe Carlin at the HWL



Book Club or Reading Group - Penny Wingate, Buffy Colt and Lucy Frederiksen are starting a Book Club or Reading Group. Not sure yet...The kickoff meeting is Thursday April 10 at 4:30 pm, when we'll meet to pick a book - or decide whether we even want to read the same book, or just talk about what we are currently reading and share our favorites with other readers in Wenham. With three co-leaders, the group is guaranteed to happen. We promise we'll also take turn on who picks the book. Refreshments provided.

MARK YOUR CALENDAR MAY CALENDAR-MAY 21ST- WEDNESDAY @ 12 NOON - LUNCH

The *Wenham Police Department* will be launching a new program called **Operation SafeWatch** in the very near future. Officer Chad LaBrie will be the point of contact for the Department for this endeavor. The collaborative goal with the **Wenham Police**, along with the **Wenham C.O.A.** will be to gather information in advance of any issues arising, and hopefully we will never have the need for using it. But, it is far better to have it if needed, than to not have it and need it! Did I write that? **Operation SafeWatch** will be a way for older adults, their families, or any resident with a loved one who may have Dementia, or any other mental health issues, to **CONFIDENTIALLY** share particulars with the Police Department, in advance of any problems. What history has shown us is that the first hour or two can be critical for locating someone who has wandered off due to illness or a change in medication status. Much of the first hour or two is used gathering descriptions of people/vehicles, habits, frequently visited places and this information would be helpful for everyone. On **May 21st** we will be holding an event at the fire station at noon and serve a hearty lunch.

Wenham COA
10 School Street
Wenham, MA 01984

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WENHAM, MA 01984

Wenham COA will sponsor an OPEN House every other Wednesdays from 2-3 PM with different speakers and those interested in learning more about the services of the Council on Aging.

Fuel Assistance Programs are available between Nov 1 and April 30th of each year. Call Action Inc. (978) 282-1003 or your COA.

Wenham Council on Aging is looking for volunteer help with hospitality for every other Weds, 2pm and Saturdays, 9am

Wenham Issues of Social Service Help - WISSH Confidential temporary financial and social service assistance.(978)468-5520 x9

Senator Tarr's District Office Hrs
Wenham Senior Center
Tuesday, April 1 from 12PM to 2PM

Deliver to addressee or current resident

"April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain."

— T.S. Eliot, *The Waste Land*

Wenham Board Members

Chairman - Lucy Sprague Frederiksen
Roseann Brozenske - Vice Chair
Juliana Dodge - Secretary
Peggy Gauthier
Diana Lang
Elizabeth Colt
Penelope Wingate

Friends of Wenham COA

Trudy Reid - President
Tom Tanous - Vice President
Bob Wilkes - Treasurer
Jim Howard - Secretary

Adult Swim Programs

Lap Swimming and Water Exercise
Cost: 20 Visits for \$65 (\$3.25 per visit)
Register through the HW RECREATION

(978) 468-2178
Location: Gordon College
Bennett Center

Fitness Works!

Mon., Weds., & Fri - 1st time free.
3 sessions at the H-W Legion Hall
from 9:00 - 10:45 am.

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balance, coordination, dexterity and relaxation.

Call Barbara Thompson (978) 887-9192



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WITH
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EVERY

THURSDAY!

12:30 - 1:30 PM

