



Jim Reynolds, Director/Outreach & ADA Coordinator

Monday - Friday 9:00 am - 4:00 pm ~ 468-5529

THE WENHAMITE

NOVEMBER 2015

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

Aging Mastery Program

Live Well – Do well – Age Well

Coming to Wenham COA this month! Don't miss your chance to learn about this unique program from two leaders who've seen it succeed first-hand. Space is limited, please call ASAP to reserve your spot at our informational lunch to learn more.

The Aging Mastery Program® (AMP) is a comprehensive and fun approach to aging well that encourages people to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. Central to the AMP philosophy is the belief that *modest* lifestyle changes can produce *big* results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery - developing sustainable behaviors over time.

Over 46 communities in Massachusetts have completed this program, as well as COAs in New York, Connecticut, Wisconsin, Texas, Pennsylvania, and Alaska to name a few. Ideally, here in Wenham, we hope to have 15 - 20 people take advantage of this offering. While this program is costly, we're extremely fortunate to have the AMP covered by a grant funded through the NCOA (National Council On Aging). There is no cost to you for your participation.

Call us to register for lunch/presentation for **Thursday, November 19th from 12:00-2:00 at the Wenham Town Hall.** 978-468-5529. Presented by Joanne Moore, President of the Massachusetts COA Board of Directors and from the Duxbury COA, and Angela Sinnott from the Massachusetts COA. More online info available.

<https://www.ncoa.org/healthy-aging/aging-mastery-program/>

Volume 2, Issue 11

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
~Thornton Wilder

Medicare's Open Enrollment period is upon us and will run through Dec 7th so if you have any questions please call. If you come to the COA with your prescriptions the rest is quite simple.

For anyone that doesn't know the Hamilton COA serves lunch daily you just have to let them know 24 hours in advance. Call Kim at 468-2616, and you will be welcomed with open arms.

We are looking forward to this busy Holiday season which also kicks off budget time! We are always trying to improve services and welcome your input. We need to work together.

Wenham could be the 1st town in the area to try *The Aging Mastery Program* and if nothing else come here this presentation. It's truly a game changer. jr

The Results of Combining Swampscott's High School and Senior Center

Swampscott's decision to house the town's high school and senior center under the same roof was the focus of a [CityLab profile](#) on Monday, furthering hopes that the unique program will be a model for other cities.

Ten years ago, Swampscott announced plans to build a \$55 million high school that would share facilities with the town senior center. The idea was to more efficiently use facilities that would have been appropriate for both teenagers and the elderly. Although the seniors and the high schoolers don't have planned programming together, their paths often overlap. For example, a group of seniors taught students how to knit, [CityLab writes](#), while student athletes talked sports strategy with their elders for their coming seasons.

"It's always been a very good experience when seniors interact with young people," Je'Lesia Jones, who at the time was the press secretary for the state's Executive Office of Elder Affairs, told [The Boston Globe](#) in 2005. "So this is just fascinating. It's a wonderful idea, and perhaps could be a model for the rest of the country."

By Eric Levenson, Boston.com,
10/13/15 (adapted for length)

MEDICARE OPEN ENROLLMENT

October 15th - December 7th

- ◆ New rates for Medicare supplement and prescription programs
- ◆ You must sign up for Part B when eligible and have "creditable prescription drug coverage" or Part D, or you will get a lifetime financial penalty
- ◆ Go to www.medicare.gov or contact us for a [SHINE](#) appointment (see below)

SHINE - Serving the Health Information Needs of Everyone

CALL 468-5529 for a Monday appointment

- ◇ **New to Medicare and need information on enrollment and options?**
- ◇ **Need to understand Medicare to help your parents?**
- ◇ **Want to know what benefit programs are available to save you money?**
- ◇ **Need help with your prescription medications and Medicare?**
- ◇ **Need help understanding your Medicare mailings?**

If you answered yes to any of these questions, call any SHINE Counselor!

CALL ME (JIM) AT (978) 468-5529 TO

SET UP AN APPOINTMENT AT THE WENHAM COA

7 Ways Meditation Can Actually Change The Brain

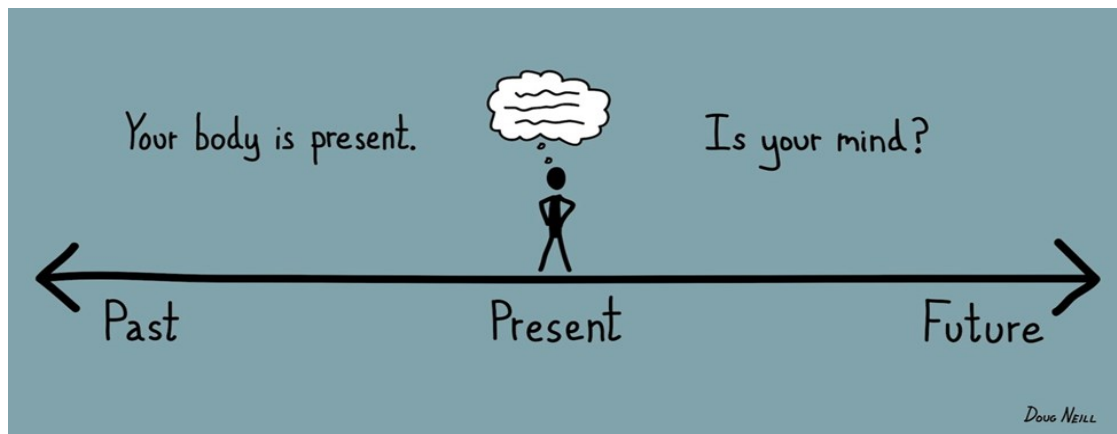
Second of a 2-part series, from October's The Wenhamite

Meditation May Lead to Volume Changes in Key Areas of the Brain

In 2011, Sara Lazar and her team at Harvard found that mindfulness meditation can actually change the structure of the brain: Eight weeks of Mindfulness-Based Stress Reduction (MBSR) was found to increase cortical thickness in the hippocampus, which governs learning and memory, and in certain areas of the brain that play roles in emotion regulation and self-referential processing. There were also *decreases* in brain cell volume in the amygdala, which is responsible for fear, anxiety, and stress – and these changes matched the participants' self-reports of their stress levels, indicating that meditation not only changes the brain, but it changes our subjective perception and feelings as well. In fact, a follow-up study by Lazar's team found that after meditation training, changes in brain areas linked to mood were also linked to improvements in how participants said they felt — i.e., their psychological well-being. So for anyone who says that activated blobs in the brain don't necessarily mean anything, our subjective experience – improved mood and well-being – does indeed seem to be shifted through meditation as well.

Meditation Reduces Anxiety — And Social Anxiety

A lot of people start meditating for its benefits in stress reduction, and there's lots of good evidence to support this rationale. There's a whole newer sub-genre of meditation, mentioned earlier, called Mindfulness-Based Stress Reduction (MBSR), developed by Jon Kabat-Zinn at the University of Massachusetts' Center for Mindfulness (now available all over the country), that aims to reduce a person's stress level, physically and mentally. Studies have shown its benefits in reducing anxiety, even years after the initial 8-week course. Research has also shown that mindfulness meditation, in contrast to attending to the breath only, can reduce anxiety – and that these changes seem to be mediated through the brain regions associated with those self-referential (“me-centered”) thoughts. Mindfulness meditation has also been shown to help people with social anxiety disorder: a Stanford University team found that MBSR brought about changes in brain regions involved in attention, as well as relief from



Worth a Try?

Meditation is not a panacea, but there's certainly a lot of evidence that it may do some good for those who practice it regularly. Everyone from Anderson Cooper and congressman Tim Ryan to companies like Google and Apple and Target are integrating meditation into their schedules. And its benefits seem to be felt after a relatively short amount of practice. It's certainly worth a shot: If you have a few minutes in the morning or evening (or both), see what happens if you try quieting down your mind, or at least paying attention to your thoughts and letting them go without reacting to them. If the research is right, just a few minutes of meditation may make a big difference.

Alice G. Walton, Contributor, Forbes Magazine, February 9, 2015 (adapted for length)

THE WENHAMITE

NOVEMBER 2015 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.
WM: Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 *SHINE W 9am - 12p *Chair Yoga W - Lisa 1pm - 2pm Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm</p>	<p>3 Bocce W 10 - 12p *2016 <i>Day Trip Planning Discussion</i> W - 11am *MOVIE <i>The Pacific</i> W 1pm</p>	<p>4 *Meet & Greet W 10am Bridge - HWL - 10am Book Club - HWL 7PM <i>A Visit from the Goon Squad</i></p>	<p>5 *Balance+ W Regina 10:30pm - 11:30pm *Market Basket *KUE Knitting Group W - 2pm - 4:00pm "Bring Your Antique Thing" - HWL - 1pm "GMOs - HWL - 7pm</p>	<p>6 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup W - 12pm - 2pm Bridge - HWL 1pm - 4:30pm.</p>
<p>9 *SHINE W 9am - 12p *Chair Yoga W - Lisa 1pm - 2pm Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm</p>	<p>10 *MOVIE <i>Restrepo</i> W 10am Sen Tarr Rep W 10:30am COA Board Meeting W - 2PM</p>	<p>11 VETERAN'S DAY (CLOSED)</p>	<p>12 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm RIFF Book Club W - 2-4pm</p>	<p>13 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup W - 12pm - 2pm Bridge - HWL 1pm - 4:30pm.</p>
<p>16 *SHINE W - 9am - 12p *Audiology - W 12pm Knitting - HWL 12 pm - 2 pm *Chair Yoga W - Lisa 1pm - 2pm Bridge - W 6:30pm</p>	<p>17 Bocce W 10 - 12p Literary Luncheon HWL 11:30 am <i>Mercy</i> *<i>Theatre Group Discussion - W</i> 12pm</p>	<p>18 *Low Vision Grp H - 10:30am *PODIATRIST W 9am-12pm FLU SHOT FREE- H 3pm - 6pm</p>	<p>19 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm*</p>	<p>20 *Mystery Ride *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup 12 -2 Bridge - HWL 1pm - 4:30pm.</p> <hr/> <p>SATURDAY 9:00 AM 21 ENON VILLAGE BAKE SALE & RAFFLE</p>
<p>23 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W - Lisa 1pm - 2pm Bridge - W 6:30pm</p>	<p>24 Bocce W 10 - 12p <i>Walking Group Discussion</i> W 12pm *MOVIE <i>Blackhawk Down</i> W 2pm</p>	<p>25 Bridge - HWL - 10am OPEN HOUSE Lunch W 11:30 am *Paint Times Aleah W 2pm - 4pm</p>	<p>26 THANKSGIVING</p>	<p>27 The Town Hall and the Wenham COA will be closed on Friday.</p>
<p>30 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W - Lisa 1pm - 2p Bridge - W 6:30pm</p>				

COA Summer 2015



Summer should get a speeding ticket!



Wenham Transport Services

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

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS



Call 978-468-5534

**Service hours: Mon - Fri: 8 am - 3:30 pm
24 Hr. Advance Notice Preferred**



Outreach Service Programs

Need a Charlie Card - No trip to Boston required. Call the Ipswich Senior Center for a (65+) pass which can be used on all MBTA transportation services. Ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications after which they will schedule you to come in for a Charlie Card. If you haven't seen the Ipswich COA you should go see it! It is downstairs in the Town Hall, 25 Green Street in Ipswich. Please bring a photo id and your current Charlie Card to Ipswich, if you have one!

Used Medical Equipment The Wenham COA loans used medical equipment such as walkers, toilet seats, canes, shower chairs, and wheelchairs. Call Jim Reynolds at 978-468-5529 or the Wenham COA Van line at 978-468-5534 to use or donate items.

Benefits Check-up - Every Friday, November 6, 13, 20, 27, from 12 - 2pm at the **Wenham COA**. Call Jim at (978) 468-5529 for more details. One-on-one counseling with Jim Reynolds. **Benefits Checkup** is a free service of the National Council on Aging (NCOA), a non-profit service and advocacy organization in Washington, DC. Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses like: medications, food utilities, legal costs, health care, housing, in-home services, taxes, transportation and employment training. You can access this tool yourself and/or review it with me. (<https://www.benefitscheckup.org>)

Podiatrist –Dr. Van Ess will be at the Wenham COA on November 18th, and the Appointments are 15 minutes apart. Call 978-468-5534 to schedule. Bring you Medicare/insurance card, there are no copays.

Enon Village Bake Sale & Raffle

**ENON VILLAGE COMMUNITY HALL LARCH LANE, WENHAM, MA
SATURDAY, NOVEMBER 21, 2015 STARTS AT 9:00 AM**

~ ALL ARE WELCOME, COME EARLY! ~ THEY WILL HAVE LOTS OF GOODIES! ~

**HOMEMADE CUPCAKES, BROWNIES,
CAKES, PIES, BREADS, COOKIES, SOUPS, CHOWDER, BAKED BEANS, JAM,
GREAT RAFFLES**

**GIFT CERTIFICATES, GIFT BASKETS ~ NEW - WHITE ELEPHANT TABLE!
FOR DONATIONS OR ADVANCED TICKET SALES CALL SUSAN HERRICK 978-777-5643**

Health and Wellness

S T R E T C H yourself on Mondays this fall

CHAIR POSE YOGA WITH LISA

MONDAYS 1:00 - 2:00PM

\$5.00 donation appreciated

STRENGTH BALANCE FLEXIBILITY
LEARN MEDITATION OF MIND, BODY, & SPIRIT



2 Movie tickets to Hollywood Hits for both classes ~ two weeks

**COME IMPROVE STRENGTH &
BALANCE WITH REGINA**

THURSDAYS 10:30-11:30AM

\$5.00 donation appreciated

IMPROVE BALANCE~ENDURANCE~STRETCHING~STRENGTH

\$5.00 donation appreciated



Postage is paid by The Friends of the Wenham Council on Aging

Wenham COA Aging Services and Resource Center

10 School Street, Wenham, MA 01984 (978) 468-5534

Pre-sorted Standard

U.S. Postage Paid Bulk
Permit No. 111

WENHAM, MA 01984

Wenham Council on Aging is looking for volunteer help with hospitality. Call (978) 469-5529

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

Prescription Advantage - This is a state-sponsored program that supplements your Medicare drug plan and fills the gap when your Medicare prescription drug plan run out. Call them today! (800) AGE-INFO and press 2 to learn more.

The Ride - Anyone who has recently lost their license for medical reasons and needs rides from Wenham to Boston or anywhere in between should contact me to help expedite the process. It is an amazing service! Contact - JR

Deliver to addressee or current resident

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
John F. Kennedy

Wenham Board Members

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

Friends of Wenham COA

Jim Howard - President
Ann Geikie - Vice President
Bob Wilkes - Treasurer

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

Plan for Weekly Exercise with US!

MON 1-2 PM and THURS 10:30 - 11:30 PM
Wenham COA Building
In November, we challenge you to TRY our balanced exercise classes which will have you feeling much better this fall! Two classes for 2 weeks and you win 2 movie tickets to Hollywood Hits.

Veterans Day is November 11th

To commemorate the ending of the "Great War" (World War I), an "unknown soldier" was buried in highest place of honor in both England and France. These ceremonies took place on November 11th, celebrating the ending of World War I hostilities at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). This day became known internationally as "Armistice Day". In 1921, the United States of America laid to rest the remains of a World War I American soldier -- his name "known but to God" -- on a Virginia hillside overlooking the city of Washington DC and the Potomac River. This site became known as the "Tomb of the Unknown Soldier," and today is called the "Tomb of the Unknowns." Located in Arlington National Cemetery, the tomb symbolizes dignity and reverence for the American veteran. In 1947, Raymond Weeks, of Birmingham Ala., organized a "Veterans Day" parade on November 11th to honor all of America's veterans for their loyal and dedicated service. Shortly thereafter, Congressman Edward H. Rees (Kansas) introduced legislation to change the name of Armistice Day to Veterans Day in order to honor all veterans who have served the United States in all wars. At exactly 11 a.m., each November 11th, a color guard, made up of members from each of the military branches, renders honors to America's veterans during a heart-moving ceremony at the Tomb of the Unknowns in Arlington National Cemetery. The Town of Wenham would like to thank and honor all our veterans.

<http://usmilitary.about.com/cs/generalinfo/a/veteransday.htm>