



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

Monday - Friday 9:00 am - 4:00 pm

# THE WENHAMITE

## JAN - FEB 2015

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

Volume 2, Issue 2

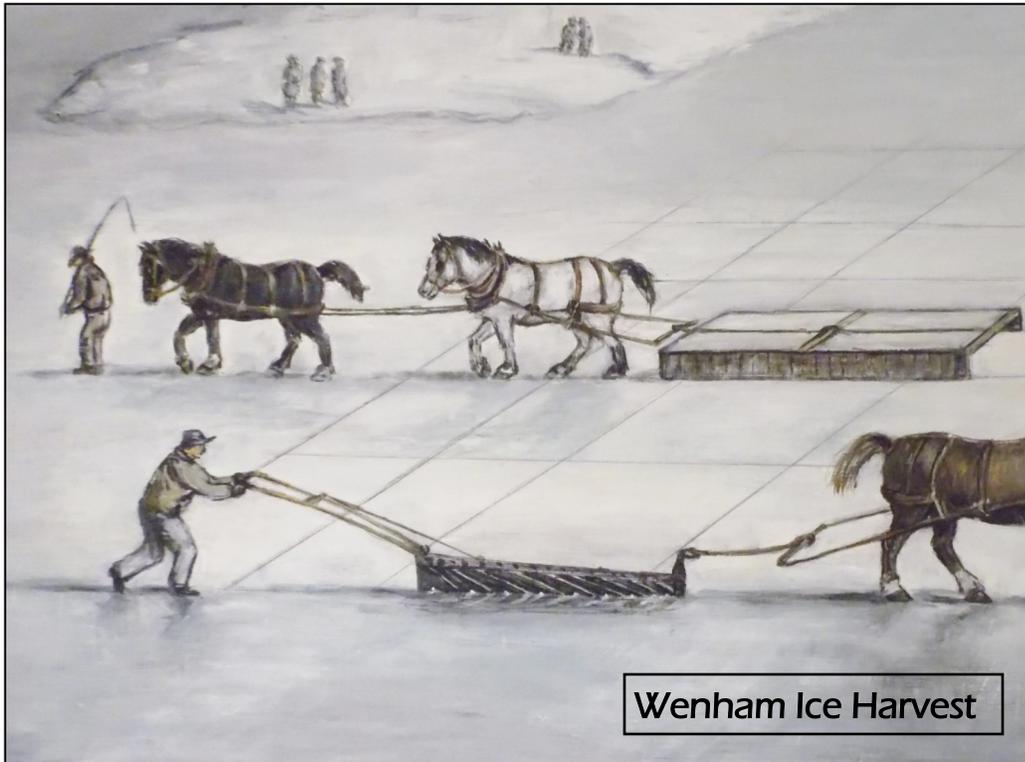
*"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." — Edith Sitwell*

The months of Jan and Feb are historically good months for planning and organizing for the rest of the year. We plan to do some clearing out and cleaning up on all three floors. We have a huge inventory of equipment which we need to recycle. If you want to donate quality transport chairs, wheel chairs, magnifying devices or walkers. Call me.

Part of my weekly hours involve what is known as *outreach*. If any of you would like to talk, please call me. It's part of my job that's often challenging because my role is solve problems and some take forever to solve! What's helpful for me is to learn more about the challenges people are facing by talking about them and helping. Call me.

Our two Christmas lunches, at the Tea House and the Hart House, were both wonderful, thanks to the WVIS and the Friends of the WCOA. I urge everyone to sign up early next year. Thanks for coming! Happy holidays and best wishes to you and those dear to you during this season.

*Happy New Year! JR*



Wenham Ice Harvest

**Information, Referral, Advocacy~ CALL ASK FOR I & R ~ (866)927-1050**

SeniorCare Inc., a partner of the Wenham COA, has evolved into a multi-faceted non-profit organization that provides consumers with a one stop portal for elder and disability services and information. They provide assistance through many avenues: Meals on Wheels, the Massachusetts Home Care program, and many other supportive services. They have evidence-based wellness programs and volunteer services beyond what can be accommodated by your local Council on Aging..

One simple call, they can direct you to a wide range of services available in the North Shore and Cape Ann area. If you need more information, or wish to make a referral call from 9am - 5pm (M-F). SeniorCare and its programs are funded, in whole or in part, by contract or grants with the Massachusetts Executive Office of Elder Affairs, the Older Americans Act, local funds, foundations, and private contributions, which may be tax deductible.

**Hearing problems, simple diagnostic. Call 740-633-HEAR. If based on this test you want a quick, professional assessment sign up FREE to consult with our great audiologist, Heidi Anderson from Mass**

**Bothered by calls from electronic call lists. You make the call...  
Do Not Call List - 1 (888) 382-1222**



<https://www.800ageinfo.com/>

## AGING MASTERY PROGRAM™

The Aging Mastery Program™ is an innovative program designed to demonstrate how information, self-determined plans, follow-up tracking, and rewards can empower older adults to make and maintain small but impactful changes in their health behaviors. The program was designed by a group of senior center leaders and the National Council on Aging to educate, encourage, and provide rewards to people for taking small steps that can improve their health. The Duxbury Senior Center, one of the initial 5 pilot sites, ran a pilot program during March-June, 2013. In addition, the following 18 communities have joined Duxbury in piloting the program: Amesbury, Belchertown, Foxborough, East Longmeadow, Medway & Franklin, Natick, Rutland, Somerville in the spring of 2014 and Arlington, Barnstable, Braintree, Gardner, Hampden, Medfield, New Bedford, Salem and Sandwich in the fall of 2014. We need 15 people to apply! Learn more by calling (978) 468-5534

## PROGRAMS AND EVENTS

**Saturday Coffee** - Local historian, Jack Hauck has agreed to host our monthly Saturday coffee hour. The next gatherings are on **January 24th and February 21st** starting at **10 am**. We are excited about some fun and interesting topics and will keep you posted. Join us for this monthly event.

**Internet Café** - The Wenham COA will host Internet Cafe on the 2nd and 4th Wednesday of each month. Our plans are for Wednesday **Jan 14, 28** and **Feb 11, 25** at **12 pm**. We will have one computer hooked up to our projector, and our volunteers will bring different computers for hands on instruction. iPads avail. Our goal for this class will focus on any problems people are having with their iPads or any computer. We will help you with any questions and help you solve your problem. Call us if you have any questions. (978) 468-5534.

**Knitting Group** - 1st and 3rd Thursday in Jan & Feb from 2 - 4 pm Penny Wingate and Buffy Colt have started a "knitting group" that aspires to be for any kind of handwork, done for whatever reason. They will meet at the COA monthly as a social get together, with chatting, helping each other, serving light refreshments. Crochet, sewing and quilting, are all welcome at any level, they guarantee fun! We are hoping people with a specific skill will come and share their expertise and discuss it with the group.

**Newly Bereaved** - 1st Thursday of every month (6:00 - 8:00 PM) in Danvers (formerly Kaplan House).  
**Sharing our Losses, A Circle of Caring**, Putnam Farm, Danvers - 1st Monday of every month. **Women who have lost their mothers** - Tues., 6:30 - 8:00PM in Danvers, Nov 11 to Dec 30. **Loss of Spouse/ Partner**, Tues., 3 - 5 PM, Nov 11 thru Jan 6 (no Dec 23). **Loss of an Adult Child**, Mon., 6 - 7:30PM, Nov 10 - Dec 29. **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](mailto:grief@CareDimensions.org).

**Low Vision Group Meeting** - On Tues, Jan 13th and Feb 10th at 10:30am at the **Hamilton COA**. Call Lucy at (978) 468-5595 for more details. Will discuss audio-described DVDs, trip planning, and presentations for the coming year.

**COA MOVIES** - Our movie dates are Tues, Jan 6 & 20 (10am & 2pm), and Tues, Feb 17 (10am & 2pm). Anyone is welcome to help build our movie program, but call if you would like to know our movie pick for the month. Call 468-5529.

**Book Club resumes** on Thurs, Jan 8th and Feb 12th. The group is discussing Anne Murrow Lindbergh's book, *Gift from the Sea*. While on vacation on Florida's [Captiva Island](#) in the early 1950s, Lindbergh wrote this essay-style work taking shells on the beach for inspiration, and reflecting on the lives of Americans, particularly American women, in the mid-twentieth century. She shares her meditations on youth and age; love and marriage; peace, solitude and contentment during her visit.

**Financial Planning and Advanced Healthcare Directives for Elders** - On February 25, 11:30am - 1pm at the Wenham COA and lunch will be included. Make reservations for lunch (978) 468-5534. Come learn what every senior ought to know about planning for your financial future. How will your estate be passed on? Are your health care and insurance needs adequately covered? Sean W Condon is a financial advisor and resident of Wenham and will address estate planning, trusts versus wills, and other financial and insurance concerns. Alyson Preston, RN from the Wenham Board of Health (BOH) will address advanced healthcare directives such as healthcare proxy, and the new **Mass Medical Orders for Life Sustaining Treatment** or **MOLST**.

# THE WENHAMITE

## JANUARY 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.  
**HWM:** Hamilton Wenham Museum  
**LEG:** Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 *Market Basket</b> Cribbage - HWL - 10am *Balance <sup>+</sup> -W- Regina 10:30pm - 11:30pm KUE Knitting Group - W 3pm - 4:30pm	<b>2</b> Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm
<b>5</b> *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>6</b> *Chair Yoga -W- Lisa 1pm - 2pm *Movie - W - 10 am *Computer help W 3 - 4pm <u>Call 468-5529</u>	<b>7</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Piano Class W 1- 3PM	<b>8 *Market Basket</b> Cribbage - HWL-10am *Balance <sup>+</sup> -W- Regina 10:30pm - 11:30pm *Memory Café - HWM 11am - 1 PM *Book Club - W - 3pm	<b>9</b> Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm
<b>12</b> *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology W - 12pm-2	<b>13</b> *Chair Yoga-W - Kayla 1pm - 2pm *Low Vision - H - 10:30am COA BOARD MTG W - 2 - 3 PM	<b>14</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH.	<b>15</b> *Market Basket Cribbage - HWL - 10am *Balance <sup>+</sup> -W- Regina 10:30pm - 11:30pm KUE Knitting Group - W 3pm - 4:30pm	<b>16</b> Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm
<b>19</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>20</b> *Computer help W 10am - 12pm <u>Call 468-5529</u> *Chair Yoga-W - Kayla 1pm - 2pm *Movie - W - 2 pm	<b>21</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Paint & Pizza W 2pm - 4pm <i>Aleah</i>	<b>22</b> *Market Basket Cribbage - HWL - 10am *Balance <sup>+</sup> -W- Regina 10:30pm - 11:30pm	<b>23</b> Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm Jack Hauck *SAT, 24th>>> COFFEE - 10am
<b>26</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>27</b> *Computer help W 10am - 12pm <u>Call 468-5529</u> *Chair Yoga-W - Kayla 1pm - 2pm	<b>28</b> *Podiatry - H 9:00am Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH	<b>29</b> *Market Basket Cribbage - HWL - 10am *Balance <sup>+</sup> -W- Regina 10:30pm - 11:30pm	<b>30</b> Zumba G HWR 9am Gentle Joints H 10-11am Bingo - Enon - 2pm

# THE WENHAMITE

## FEBRUARY 2015 CALENDAR

**H:** Hamilton Council on Aging  
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**LH:** Lamson Hall

**HWL:** Hamilton Wenham Library  
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**ENON:** Enon Village

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**HWM:** Hamilton Wenham Museum  
**LEG:** Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>*SHINE W 9am - 12p</p> <p><b>Knitting - HWL</b> 12 pm - 2 pm</p> <p><b>Bridge - W</b> 6:30 - 8:30 pm</p>	<p><b>3</b></p> <p>*Movie - W - 10 am</p> <p>*Chair Yoga-W- Kayla 1pm - 2pm</p> <p>*Computer help W 3 - 4pm <u>Call 468-5529</u></p>	<p><b>4</b></p> <p><b>Bridge - HWL - 10am</b></p> <p><b>Blood Pressure Clinic</b> H - 9am-12pm</p>	<p><b>5</b></p> <p>*Market Basket</p> <p><b>Cribbage - HWL - 10am</b></p> <p>*Balance+-W- Regina 10:30pm - 11:30pm</p> <p>*KUE Knitting Group W - 3pm - 4:30pm</p>	<p><b>6</b></p> <p><b>Zumba G HWR 9am</b></p> <p><b>Gentle Joints H 10-11am</b></p> <p><b>Bingo - Enon - 2pm</b></p>
<p><b>9</b></p> <p><b>Knitting - HWL</b> 12 pm - 2 pm</p> <p><b>Bridge - W</b> 6:30 - 8:30 pm</p> <p><b>Audiology - H - 12pm-2</b></p>	<p><b>10</b></p> <p>*Chair Yoga-W- Kayla 1pm - 2pm</p> <p>*Low Vision - H - <b>10:30am</b></p> <p><b>COA BOARD MTG</b> W - 2 - 3 PM</p>	<p><b>11</b></p> <p><b>Bridge - HWL - 10am</b></p> <p><b>Blood Pressure Clinic</b> H - 9am-12pm</p> <p>*INTERNET CAFÉ W - 12:00 - LUNCH2</p>	<p><b>12</b></p> <p>*Market Basket</p> <p><b>Cribbage - HWL-10am</b></p> <p>*Balance+-W- Regina 10:30pm - 11:30pm</p> <p>*Memory Café - HWM 11 - 1 PM</p> <p>*Book Club - W - 3pm</p>	<p><b>13</b></p> <p><b>Zumba G HWR 9am</b></p> <p><b>Gentle Joints H 10-11am</b></p> <p><b>Bingo - Enon - 2pm</b></p>
<p><b>16</b></p> <p>*SHINE W - 9am - 12p</p> <p><b>Knitting - HWL</b> 12 pm - 2 pm</p> <p><b>Bridge - W</b> 6:30 - 8:30 pm</p>	<p><b>17</b></p> <p>*Chair Yoga-W Kayla 1pm - 2pm</p> <p>*Computer help W 10am - 12pm <u>Call 468-5529</u></p> <p>*Movie - W - 2 pm</p>	<p><b>18</b></p> <p><b>Bridge - HWL - 10am</b></p> <p><b>Blood Pressure Clinic</b> H - 9am-12pm</p> <p>*Paint &amp; Pizza W 2pm - 4pm <i>Aleah</i></p>	<p><b>19</b></p> <p>*Market Basket</p> <p><b>Cribbage - HWL - 10am</b></p> <p>*Balance+-W- Regina 10:30pm - 11:30pm</p> <p>*KUE Knitting Group W - 3pm - 4:30pm</p>	<p><b>20</b></p> <p><b>Zumba G HWR 9am</b></p> <p><b>Gentle Joints H 10-11am</b></p> <p><b>Bingo - Enon - 2pm</b></p> <p>*JACK HAUCK&gt; <u>SAT., 21st</u> <b>COFFEE - 10AM</b></p>
<p><b>23</b></p> <p>*SHINE W - 9am - 12p</p> <p><b>Knitting - HWL</b> 12 pm - 2 pm</p> <p><b>Bridge - W</b> 6:30 - 8:30 pm</p>	<p><b>24</b></p> <p>*Movie - W - 10 am</p> <p>*Chair Yoga-W Kayla 1pm - 2pm</p> <p>*Computer help W 3 - 4pm <u>Call 468-5529</u></p>	<p><b>25</b></p> <p><b>Bridge - HWL - 10am</b></p> <p>*Podiatry - W 9:00am</p> <p>*Financial Planning and Adv. Healthcare Directives for Elders (lunch) W 11:30 am - 1pm</p>	<p><b>26</b></p> <p>*Market Basket</p> <p><b>Cribbage - HWL - 10am</b></p> <p>*Balance+-W- Regina 10:30pm - 11:30pm</p>	<p><b>27</b></p> <p><b>Zumba G HWR 9am</b></p> <p><b>Gentle Joints H 10-11am</b></p> <p><b>Bingo - Enon - 2pm</b></p>



## C O M M U N I T Y



Anyone who knows Cecile (Cel) and Pasqualino (Phil) Moscatiello (pictured above) you may know they have sold their home in Wenham and moved to Salisbury, MD and live near their daughter Cynthia. After Cel took a fall this summer their lives changed dramatically, but it is nice to read how they have all pulled together and they are doing well. They were faithful visitors of the COA as Phil, who suffers from memory loss, liked to come by and eat sweet muffins. I find their story very heartwarming! Phil built two airplanes from a kit in his garage. Phil and Cel flew all over the country in them out of Beverly Airport.

**From daughter, Cynthia Payne:** Just a quick update, we had a very warm day down here this past week, 64 degrees and sunny, so I wheeled my mother down the street to see my father. It was pretty funny wheeling her down; she doesn't think I'm a very good wheelchair driver, and she thought it was too far. I have to keep reminding her to put her right foot down on the footrest; she holds it up for some reason. When we turned the corner, the sidewalk ended in front of one house and started up again two houses down, so we had to go into the street. She was very displeased with the cars going by so fast. She made it quite clear that she didn't want to travel like that again. Harumph!

Anyway, we had a good visit. At first my Dad wanted to leave with us, but I diverted his attention by asking him to show us his room, which he did. He told Mom that she could sleep in the bed, and he would sleep in the chair. That was sad; I kept explaining that they couldn't be in the same place right now because she needs more care than he does. It would be easier if they could be together, for them and me!

We sat for a while in the common room, and the aides are all very attentive and nice. When we left, he wanted to come with us, but he was quickly resigned to staying. My mother was sad leaving him, but by the time this bad chair pusher got her back to her place, she asked where he was.

I haven't been back to see either of them, but my daughter went yesterday, and they were both fine. Dad didn't try to leave with her, so that's good.

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On Sunday I took Dad to see Mom, and it was fine. They enjoyed seeing each other, and Dad went back to his place without issue. Whew . . . it's so much easier transporting him to her than her to him. Big relief. I see them two to three times a week. Everyone at my Dad's place tells me that "Phil gets TWO desserts!" :-)

BTW, my mother's roommate collects stamps, so I've been giving her the stamps from your cards and letters. If you have any unusual stamps, please use them! I have all your cards on Mom's bulletin board, and she enjoys looking at them. You can send mail to me at: **303 North Blvd., Salisbury, MD 21801**

# Wenham Van Transportation Services

**\*\*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  
**COA SEEKING Volunteers!**

(10am~4pm Tues thru Sun)

## Wenham Museum News

(\$10 /adults, \$6/children)

***The Roly, Poly Rice Ball*** Puppet Show at Wenham Museum

The Waldorf Magical Strings Puppet Troupe

January 10; 11:00 am and 1:00 pm

Marionettes bring to life the traditional Japanese tale about a poor woodcutter who follows his dropped rice ball into a hole in the ground and discovers a kingdom inhabited by magical mice.



**National Model Railroad Association HUB Division Model Train Layout at Wenham Museum**

One Weekend Only!

January 17 – 19

Train enthusiasts! Explore America's greatest hobby as members of NMRA HUB Division display their expertly engineered modular train layout at the museum, their first stop as they travel across Massachusetts. Railfans will also enjoy a visit to the museum's special Train Time 18: Farm to Table by Train exhibit and the museum's Bennet E. Merry model train gallery.



**Wenham Museum's 6<sup>th</sup> Annual Lego® Train**

One Weekend Only!

Saturday and Sunday, February 14 – 15



Come see a rainbow colored L-gauge model train speeding along a Brick-track as it races by soaring skyscrapers, country cottages, mountainside ski slopes, and a crazy carnival, all designed with the highest degree of precision by the New England Lego Users Group. Railfans will also enjoy a visit to the museum's special Train Time 18: Farm to Table by Train exhibit and the museum's Bennet E. Merry model train gallery.

**Wenham Museum's 8<sup>th</sup> Annual Legopalooza Pop-up Lego Studio**

Monday – Wednesday; February 16 – 18

Drop-In: 10:00 am – 4:00 pm

Bring the whole family for a free-form Lego® build over winter school break.

**Train Time DIY Maker Studio at Wenham Museum**

Friday, February 20

Two Sessions: 11:00 am and 1:00 pm

Trainloads of fun await you as we create scenery and buildings to add to your wooden Thomas and Friends™ and Brio®-size train sets at home.



**Train Time 18: Farm to Table by Train Exhibit at Wenham Museum ~ Jan 1, 2014 – Feb 22, 2015**



**Memory Café - 2nd Thursday of the month  
January 8 and February 12; 11 am - 1 pm**



Enjoy a morning of coffee, conversation, and companionship with other memory loss caregivers and their loved ones. Our time together will center on a variety of objects from the museum's collection.

## Highlights and Creative Endeavors

### **KUE (Knitters United Etc.) on the Thursdays, Jan 1st & 15th and Feb 5th & 19th**

You don't have to be a knitter to be part of our group! We are meeting on two Thursdays each month and already have one participant who is happily hooking a beautiful rug. We welcome everyone who wants to be part of a group exchanging chatter, friendship and often good advice. We have tea and cookies and enjoyment of some kind of handcraft. So bring your quilting, sewing, weaving etc. and join KUE. We meet on the first and third Thursday of every month at 3 PM. Hope to see you there. ~ Penny Wingate & Buffy Colt



### **< EAT, DRINK AND PAINT PARTY - Wednesday, Jan 21 and February 18 at 2 pm.**

Our *Paint Days* themes are images from the our featured artist's imagination. As usual we will use our dry time to eat and drink. We have a good group and may have to find a larger studio. Everyone has heard of the popular "Paint Night" at this point. Artists feature their work and they help you understand the flow of their work! If you are interested please call so we know our headcount (978) 468-5534. In Jan/Feb we'll be painting a Cardinal (Jan) & (?) in Feb with our artist Aleah Gates. <http://paintnite.com/pages/home/index>

## Library News



**iPad training - 1:1 sessions call 468-5577 for time with Sarah, Rob or Dede.**

### **Fri, Jan. 9<sup>th</sup> 10:30am ~ Jungle Talk: Amazon Basin**

Explore South America's Amazon basin, home to 60% of the planet's tropical rainforests. Professor of Biology, Ken Thomas will share how the region -the size of the continental U.S.- is like a bowl collecting water to send it thousands of miles to the Atlantic. Learn about Ecuador's Rio Napo tributary, the Andes mountains, and how the rivers and rainforests are all intertwined. Plants and animals will be featured, and indigenous tribes will be touched upon. Free and open to the public, brought to you in part by the Friends of the Library and the northern Essex Community College Speakers Bureau.

### **Tues, Jan, 20th 11:30am ~ Literary Luncheon: The Plum Tree**

by Ellen Marie Wiseman "In the fall of 1938, as Germany rapidly changes under Hitler's regime, 17 year-old Christine Bolz, a domestic forbidden to return to the wealthy Jewish family she works for (and to their son Isaac), confronts the Gestapo's wrath and the horrors of Dachau to survive and to be with the man she loves." Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book.

### **Tues, Jan, 20th 6:30pm ~ Social Security Workshop**

If you are newly retired, or planning to retire in the near future, then you are likely already aware of the important part that Social Security plays in your retirement income strategy. Caleb Harty and Leo Rotman of River Financial Group will review factors to consider when choosing different Social Security options, and the impact that various claiming strategies can have on lifetime income. The best time to claim Social Security benefits, coordinating benefits with a spouse, and minimizing taxes will also be discussed.

### **Fri, Feb 6th 10:30am ~ New Englanders in Hollywood**

Historian Roger Kolb identifies New England actors, past and present, who found fame and fortune in Hollywood: from Katherine Hepburn to Matt Damon and beyond. Visit childhood homes, look at movie stills, discuss careers, and examine the path by each of our screen giants to stardom. Let's talk movies!

## Cost savings

**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 2014 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.

**Fuel Assistance for residents that qualify** ~ Get help with heating bills through Action Inc. Fuel Assistance Program to help people on Cape Ann and beyond, Wenham, to save money, conserve energy and stay warm. Fuel assistance is available to eligible households from Nov 1 through April 30, 2015. To qualify, your gross annual household income may not exceed: \$32,618 for a single person; \$42,654 for a two-person household; \$52,691 for three persons; \$62,727 for four persons; and \$72,763 for a five person household. Action Inc offers energy conservation and education programs to both homeowners and renters. For homeowners *only*, they may be able to pay for heating system repairs, cleanings and replacements. Call (978) 281-3900 to learn more or (978) 282-1003 to book an appointment. For more information visit website: ~ [http://www.actioninc.org/energy\\_main.html](http://www.actioninc.org/energy_main.html)

**Used Medical Equipment** – The Wenham Council on Aging stores donated, 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 donate items or for information on obtaining items.

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

Wenham COA  
10 School Street

NON-PROFIT  
ORGANIZATION  
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

**Senior CharlieCard Pass** – Apply at the Senior Center for a senior rate (65+) pass which can be used for discounted travel on all MBTA transportation services. Call Jim Reynolds at 978-468-5529 to schedule an appointment to complete the application. Please bring a photo id and your current Charlie Card if you have one.  
**The Ride** - Anyone who has recently lost there 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

"My old grandmother always used to say, Summer friends will melt away like summer snows, but winter friends are friends forever."  
— George R.R. Martin, *A Feast for Crows*

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

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**Friends of Wenham COA**  
Sue Bannon - 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!**  
Tues., 1-2 PM and Thurs., 10:30 - 11:30 PM  
Wenham COA Building  
In Jan/Feb we challenge you to attend optimal balanced exercise program which will have you feeling much better this winter! Class limited to 14-16. Stay Tuned!

 <b>HEALTH AND WELLNESS</b> (978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~ ~ CALL US TO SIGN UP ~ 	
<b>CHAIR POSE YOGA</b> TUES. CLASS WITH LISA B. 1 - 2 PM	<b>STRENGTH ~ BALANCE ENDURANCE ~STRETCHING</b> THURS. CLASS W/ REGINA B. 10:30 - 11:30 AM

**\*TAI CHI – Tuesdays and Thursdays from 10:30am –11:30am**  
Mark Warner Academy with Mark and Deb Mahoney are located at 43 Market Street, Ipswich. Classes are free of charge

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In China, it is believed that tai chi can delay aging and prolong life, increase flexibility, strengthen muscles and tendons, and aid in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, skin diseases, [depression](#), [cancer](#), and many other illnesses. Unfortunately, there hasn't been a good deal of scientific evidence to support all of these claims. In a special study of tai chi called a meta-analysis, where many studies on one subject are reviewed, the author concludes that although there is some evidence to support the positive effects of tai chi on health, [fitness](#), and balance and falling, many of the studies are limited by small numbers of subjects and wide variation in the type and duration of tai chi used.