



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

Wenham Resource Center/Monday - Friday 9:00 am - 4:00 pm

# THE WENHAMITE

## MARCH 2015

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

Volume 2, Issue 3

*For the first time ever,  
overweight people outnumber  
average people in America.  
Doesn't that make overweight  
the average then? Last month  
you were fat, now you're  
average - hey, let's get a pizza!*  
~ Jay Leno

The Winter has brought more snow and ice than any winter in recent history, since '78. We received many calls for help and were unable to respond due to demand far exceeding supply in the way of help. The thought of warm weather is frightening if you ask me and we'll be standing by to help in any way we can.

March we plan to resume some of our classes and we have new groups getting underway from Memoir writing to Folly Cove crafting and design. We are excited about starting new programs, so call if you want to discuss it.

We continue to visit people around town to learn more about ways we can better serve. The newsletter is coming to you late as my deadline flew past. Rest assured we have been boots on the ground over here. JR

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



**Wenham DPW Appreciation Breakfast** will be planned for April, 2015 for the truly exceptional work done keeping our roads and sidewalks safe and clear. The work of this department has been exemplary and should make you proud to be residents of Wenham. Driving around the Northshore has been hit or miss with so much snow and nowhere to put it. We have a great team of dedicated people in our Police, Fire and DPW departments. Thank you!



**Friends of the Wenham Council on Aging** - A Spring/Summer furniture sale is being organized as a way to afford some of the materials needed to build raised planters around the COA for our gardening enthusiasts and a horseshoe pit on one side of our facility here on 10 School Street. We hope someday to have our resource center a place where people come for many reasons including helpful information. Set aside any old, reasonably well worn furniture of any kind and we will mobilize to pick it up for you.

## Highlights and other Creative Endeavors



### PAINT TIMES WITH ALEAH

**Wednesday, March 18th, 2 - 4 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 are talking about doing this twice per month. Call if you are interested. 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 February we painted the Eiffel Tower and we have beach house coming in March. <http://paintnite.com/pages/home/index>

### KUE (Knitters United Etc.) on the Thursdays, March 5th & 19th at 2 PM

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 2 PM. Hope to see you there. ~ Penny Wingate & Buffy Colt

**BOOK CLUB on Wednesday, March 12th at 2PM!** Finally a book club that only meets once per month! featuring *Mrs. Queen Takes the Train* by William Kuhn. This 1st novel wittily imagines the kerfuffle that transpires when a bored Queen Elizabeth strolls out of the palace in search of a little fun, leaving behind a desperate team of courtiers who must find the missing Windsor before a national scandal erupts. One reviewer said, "What a delightful story. I enjoyed all the different characters and their stories, and found the whole improbable journey quite plausible! Recommended for anyone looking for a well written book with interesting characters, a London setting, and an enjoyable story".

**WENHAM LAKE ICE COMPANY** presented by local historian, Jack Hauck and back by popular demand! On **Saturday, March 21st** - COA Building, 10 School Street, Wenham. **ZUMI's Coffee** from Ipswich and *best coffee ever* will be served at **10 AM**. If you have never heard the story you really need to bite this off with your waffles. Jack has many interesting facts about the company and how it grew. Beverly may own it, but the story is Wenham lore and you need to hear it!

**COA MOVIES** - Our movie dates are Tuesday, Mar 17 & 31 (10am & 2pm). We are going to watch **Bull Durham** first! Nothing says 'spring' like baseball, and nothing says baseball like *Bull Durham*. Sports Illustrated called it the #1 Greatest Sports Movie of all time, and with Kevin Costner, Susan Sarandon, and Tim Robbins all at the top of their game, it's easy to see why. Romance, comedy, and prepping for the big leagues. That's spring, baby. If you want food just RSVP (978) 468-5529. The second is **The Four Seasons** Alan Alda wrote and directed a film that takes four couples through a year to the music of Vivaldi. It begins with a spring trip to the country, when they cook an elaborate dinner and plan the rest of their trips together for the rest of the year. But one couple breaks up and the husband wants to bring his new young girlfriend, it leads to some mid-life questions about meaning, trust, and loyalty. Alda's wise script and sensitive direction and outstanding performances from Carol Burnett, Len Cariou, Jack Weston, and Rita Moreno make this one of the best films ever about grown-up friendship.

**New FOLLY COVE DESIGN** group will meet Thursday, March 19th from 12 - 2:00PM at the Wenham COA. View the beautiful prints made by these designers and experiment with an exploratory printing process. Virginia Lee Burton's philosophy was: "Design is a form of personal expression anyone can learn!" Come and find your expression and leave with fresh inspiration! Pizza and refreshments will be served. (978) 468-5534.

**THE FOLLY COVE DESIGNERS STORY.** A group of 43 Designer-craftswomen who worked together professionally from 1941 to 1969 in the Lanesville area of Cape Ann.. Founder was Virginia Lee Burton. Known for their originality which was inspired by their daily lives, their community & landscape surrounding them They carved designs into linoleum blocks and printed them on fabric for draperies, table linens and clothing, and on paper for wallpaper and Christmas cards. They achieved national recognition within a national arts and crafts movement as block printers. Their products were frequently exhibited at major museums. Cape Ann Museum houses the collection

# THE WENHAMITE

## MARCH 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
<b>2</b> *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>3</b> *Movie - W - 10 am *Chair Yoga-W- Kayla 1pm - 2pm *Computer help W 3 - 4pm <u>Call 468-5529</u>	<b>4</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	<b>5</b> *Market Basket Mem Loss - Beverly COA - 9:30am - 12pm *Balance+-W- Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm	<b>6</b> Bridge - W 1-4PM Bingo - Enon - 2pm <u>SATURDAY</u> <b>7 - SEA CHANGE</b> <b>THEATRE - 10</b> Dane St. 3PM - (978) 500-3885
<b>9</b> Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Audiology - H - 12pm-2	<b>10</b> *Chair Yoga-W- Kayla 1pm - 2pm *Low Vision - H - 10:30am COA BOARD MTG	<b>11</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *INTERNET CAFÉ W - 12:00 - LUNCH2	<b>12</b> *Market Basket Cribbage - HWL-10am *Balance+-W- Regina 10:30pm - 11:30pm *Book Club - W - 2pm	<b>13</b> Bridge - W 1-4PM Bingo - Enon - 2pm <u>SATURDAY</u> <b>14 - SEA CHANGE</b> <b>THEATRE - 10</b> Dane St. 3PM - (978) 500-3885
<b>16</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>17</b> Literary Luncheon: Chaperone - HWL 11:30am - 12:30pm *Chair Yoga-W Kayla 1pm - 2pm *Movie - W - 10 am	<b>18</b> Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Paint Times Aleah W 2pm - 4pm Boating Safety - HWL 6pm - 8pm	<b>19</b> *Market Basket *Balance+-W- Regina 10:30pm - 11:30pm *FOLLY COVE DESIGN GROUP W - 12-2PM *KUE Knitting Group W - 2pm - 4:00pm	<b>20</b> Bridge - W 1-4PM Bingo - Enon - 2pm <u>*SATURDAY</u> <b>21 - JACK HAUCK</b> <b>COFFEE - 10AM</b> <u>THE HISTORY OF THE</u> <u>WENHAM ICE CO. INC</u>
<b>23 BOOK SALE</b> HWL - 10am - 7:50pm *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>24 BOOK SALE</b> HWL - 10am - 7:50pm *Chair Yoga-W Kayla 1pm - 2pm *Computer help W 10am - 12pm <u>Call 468-5529</u>	<b>25 BOOK SALE</b> HWL - 10am - 7:50pm Bridge - HWL - 10am *Podiatry - W 9:00am WENHAM LAKE ICE CO., INC - WM - 12pm - 2pm (Hauck)	<b>26 BOOK SALE</b> HWL - 10am - 7:50pm *Market Basket Cribbage - HWL - 10am *Balance+-W- Regina 10:30pm - 11:30pm	<b>27</b> Bridge - W 1-4PM Bingo - Enon - 2pm
<b>30</b> *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	<b>31</b> *Movie - W - 2pm *Chair Yoga-W Kayla 1pm - 2pm			

# 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!***

## Outreach Service Programs

**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 loans 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.

**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, Mar 10th at 10:30am at the **Hamilton COA**. Call Lucy at (978) 468-5595 for more details. For people with low vision, their families and caregivers. Will discuss audio-described DVDs, trip planning, and presentations for the coming year.

(10am~4pm Tues thru Sun) **Wenham Museum News** (\$10 /adults, \$6/children)

**WENHAM  
MUSEUM**



**Frozen: The Real Story of Ice on Wenham Lake** OPENS March 14, 12am – Sun, March 15, 12am

In the **Thompson Gallery March 14 – August 23**. So, what is it that the character of Kristoff in Frozen does for a living? He harvests... ice? Why would anyone need to harvest ice? Well, come and find out at the Wenham Museum's exhibit. Slide into spring on an ice rink right in our gallery, role-play the magic of Elsa in her frozen world, and discover what a real ice harvester does.

**March 25th at 12 PM** the COA and the Wenham Museum have plans for "lunch and learn" session in the Thompson Gallery which will feature **Jack Haulk** who will deliver his inspiring history of the **Wenham Lake Ice Company** for those unable to attend our COA Saturday coffee hour.

## SPONSORED PROGRAMS AND BEST PHOTOS

### SeniorCare, Inc. with the Wenham and Beverly Councils on Aging invite you to a special screening of the film: *I Remember Better When I Paint*



**I Remember Better When I Paint** is the first international documentary that looks at the positive impact of art and other creative forms of engagement for people with memory loss and how these approaches can change the way we look at the disease. A film by Eric Ellena and Berna Huebner, presented by French Connection Films and the Hilgos Foundation, and narrated by Olivia de Havilland. Among those who are featured are noted doctors from Boston University and Yasmin Aga Khan, president of Alzheimer's Disease International and daughter of Rita Hayworth, who lived with Alzheimer's disease. The documentary demonstrates the intersection between the arts, medical and scientific worlds.

Join us for a special viewing of this inspiring film that highlights the powerful role of the arts to enhance quality of life for individuals with Alzheimer's disease and related memory loss.

***"I Remember Better When I Paint shows an entirely new pathway for engaging with a loved one you thought was lost- thanks to your vision - in getting this film made. "***

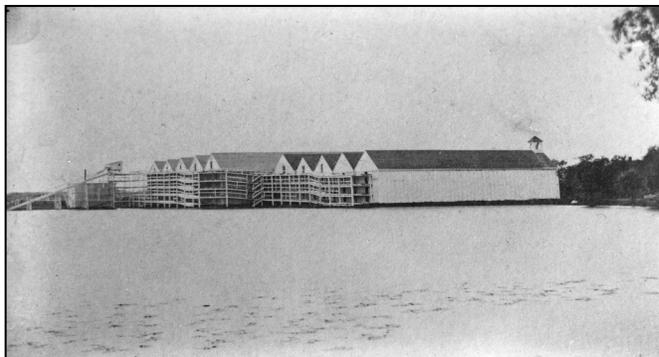
Gail Sheehy, Journalist and New York Times bestselling author of *Passages*

**DATE:** Thursday, March 5, 2015

**TIME:** 9:30 am – 12pm

**PLACE:** Beverly Council on Aging, 90 Colon Street, Beverly, MA 01915

***Free Admission. Film will be followed by a facilitated discussion.***



## Library News



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

### **Tax Appointments with AARP SeniorCare**

Our wonderful volunteers are ready for the tax season! Call or stop by to schedule your appointment for a Wednesday or Friday at 10, 11, & Noon, starting Feb. 11 and running to April 10. You will need all of your paperwork and documents for the current year as well as last years' submitted forms.

### **1:1 Technology Help**

Need help understanding your new tablet or ereader? Would you like to know how to download free library ebooks and audiobooks? Call us to set up a 1:1 appointment with Sarah, Rob, Amy or Dede and make friends with your digital device.

### **Knitting Group**

Every Monday - 12:00 – 2:30 PM at the H-W Library. Join our knitting group, for beginners or experienced knitters. Need help to get over that tricky hurdle or keep on track with that lagging project? Drop in once or become a regular, everyone is welcome

### **Cribbage**

Every Thursdays – 10 AM – 12:00 PM at the H-W Library. Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome, no experience necessary to join.

### **Literary Luncheon: The Chaperone**

Tuesday, March 17<sup>th</sup> 11:30 AM – 12:30 PM at the H-W Library. Contact Nancy Day. (978) 468-5577. "Accompanying a future famous actress from her Wichita home to New York, chaperone Cora Carlisle shares a life-changing five-week period with her ambitious teenage charge during which she discovers the promise of the twentieth century and her own purpose in life." Click to request your copy of *The Chaperone* by Laura Moriarty. Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book. The next meeting is on Tuesday, April 21 at 11:30 to discuss *The Outermost House* by Henry Beston.

### **Boating Safety Course**

Every Wednesday, March 18<sup>th</sup> – May 6<sup>th</sup>. 6 PM – 8 PM at the H-W Library. Contact Rebecca Shea. Presented and taught by the U.S. Power Squadrons: "Organized in 1914, USPS is a non-profit, educational organization dedicated to making boating safer and more enjoyable by teaching classes in seamanship, navigation and related subjects." Course covers: boating laws, safety equipment, safe boating practices, navigation, handling of problems. Certificate provided at conclusion of test, plan on attending all class sessions.

### **Public Booksale**

Saturday, March 21<sup>st</sup>, 9AM – 3PM (otherwise daily 10:00 AM – 7:50PM ) through Thursday, March 26<sup>th</sup> at the H-W Library. Come and see the great array of bargains in our twice-yearly booksale. Everything's sorted by genre and prices are excellent. All funds raised will go to providing lectures, performers, summer reading programs, and exceptional extras like our 3-D printer and color copier.

## Community House News

**First Aid Certification Class** - Saturday, March 21<sup>st</sup> 9:00AM - 1PM at the Community House - . Class fee: \$50 includes certification card valid for 2 years. Taught by Regina Baker, RN.

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

March brings breezes loud and shrill, Stirs the dancing daffodil. ~Sara Coleridge (1802-1852)

**Wenham Board Members**

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

**Friends of Wenham COA**

Sue Bannon - President  
Ann Geikie - Vice President  
Bob Wilkes - Treasurer



**HEALTH AND WELLNESS**

(978) 468-5534 ~ \$5 DONATIONS ACCEPTED ~  
~ CALL US TO SIGN UP ~



**CHAIR POSE YOGA**  
TUES. CLASS WITH LISA B.  
1 - 2 PM

**STRENGTH ~ BALANCE  
ENDURANCE ~STRETCHING**  
THURS. CLASS W/ REGINA B.  
10:30 - 11:30 AM

**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!

Adults can gain strength at approximately the same rate as younger people. Increases in strength as much as 40% have been documented for persons as old as 96. Some studies suggest that as little as three or four months of proper training can reverse as much as 30 years of decline in function. In addition breathing and meditation will not only provide a sense of well being but help provide a more restful sleep, reduced anxiety and enhanced respiratory endurance. Use our deluxe heated COA van. (heathandage.org)