



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

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

THE WENHAMITE

JULY 2015

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

Volume 2, Issue 7



FWCOA Yard

"Liberty is to the collective body, what health is to every individual body. Without health no pleasure can be tasted by man; without liberty, no happiness can be enjoyed by society." ~ Thomas Jefferson

Happy 4th of July to one and all! We have had a great month. We finished two projects during the month of June, both intended for the welfare of all. We installed our own organic garden in raised planters and we encourage you to come by, and help us tend to it. We have also installed a Bocce court which we intend to make good use of this summer once it is leveled and hardens.

During the month of July we have 3 trips planned which we hope you will consider signing up for soon.

Our annual Ice Cream Socials are scheduled for July 15th and August 19th and we encourage everyone to attend and enjoy this time together. Our Town Administrator and other town officials will be here to join in the festivities.

The COA Yard Sale, sponsored by the Friends of the Wenham COA was a success on many levels but most importantly it brought people together and many enjoyed the day from what I understand. Many people worked very hard to make it all happen, and it was worth every bit of effort. Thanks to all of the Friends of the WCOA for their hard work and support!

JR



SeniorCare's 6th Annual Sunset Boat Cruise presented by Associated Home Care. **Hurricane II** will leave out of Rose's Wharf, 415 Main Street, Gloucester, MA on Thursday, July 9, 2015 at 6:30 pm returning at 9:30 pm. Tickets are \$30 per person. Come enjoy an evening of raffles, door prizes, cash bar, picnic lunch and an evening of fun!



Thurs, JULY 20 - 4pm

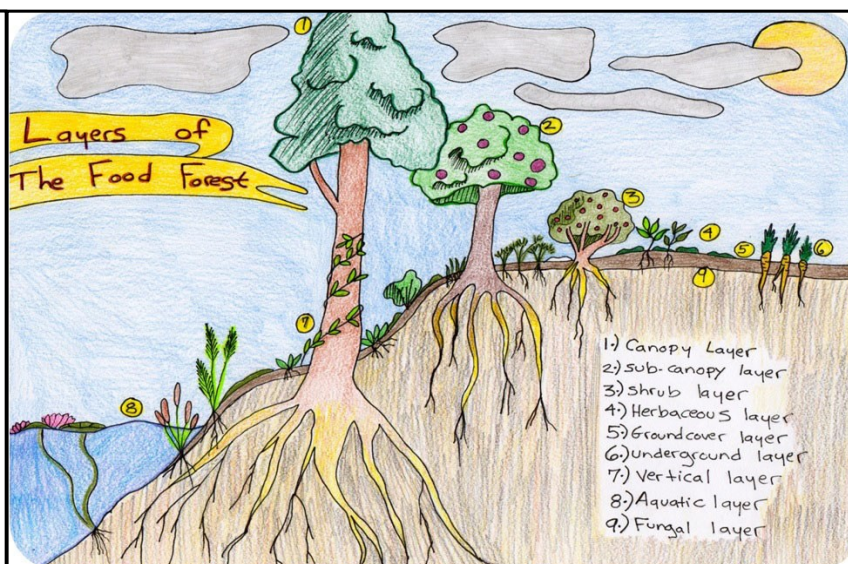
ESSEX RIVER BASIN ADVENTURE

On the 3rd Thursday in July, August and in early Sept we gather at 4 pm at ERBA at 1 Main St, Essex and launch into the Essex River, Conomo Point and Crane Beach on a Sunset Cruise. Sign up by calling me at 468-5529. Leave a message & do it soon.

Highlights and other Creative Endeavors

BRICK ENDS FOOD PROJECT

A food forest is a permaculture and agroforestry system designed to mimic a natural forest ecosystem and provide yields useful to humans. Food forests often incorporate a diverse amount of fruit trees, nut trees, berry shrubs, vines, herbs, self-sowing plants, and perennial vegetables that recycle available nutrients. Food forests are often claimed to grow in such abundance, once established, that a mere 50 acres has potential to feed over 20,000 people .



BRICK ENDS FOOD PROJECT (continued) The design was drafted in three stages, all aimed at creating a self-sufficient landscape in regards to nutrients, water, health, habitat, soil preservation, and food production. In the first stage of installation earthworks and soil enhancement were addressed. In the Second stage of establishment the canopy layer, low tree layer, and shrub layer were planted. In the third stage of installation the herbaceous layer, rhizosphere, soil surface, aquatic layer, and vertical layer are addressed.

<http://www.brickendsfarm.com/brick-ends-food-forest.html>



PAINT TIMES WITH ALEAH

Wednesday, July 22, 2015 ~ 2 - 4 pm

Our class is usually about 16 people and we are thinking of starting a second class. If there is another time of the day that is good for people we would like to start it next month. We could try another medium like charcoal or pastels too. Call and let me know if you have a specific time or day that would work well.

Mondays and Fridays are good days for a new class!

FREE transportation provided. **Call us!**

MOVIE DATES are Tuesday, July 14 & 28 (10am & 2pm).

You have to see **YOUNG@HEART** on Tuesday, June 14th at 10 am and for those who can't make it we'll roll again on July 28 at 2pm. This documentary film chronicles seven weeks in the lives of the members of the chorus as they prepare for a one-night-only concert in their hometown of Northampton, Massachusetts. The group is made up of two dozen spirited seniors — former schoolteachers, executives, doctors, and food service workers — who specialize in reinterpreting rock, punk, and R&B classics from a unique perspective. What ultimately emerges in the film is a funny and unexpectedly moving testament to friendship, creative inspiration, and expectations defied.



YOUNG@HEART is led by Bob Cilman, their demanding musical director, the retirees are rehearsing their new show, struggling with Sonic Youth's dissonant rock anthem "Schizophrenia," and giving new meaning to James Brown's "I Feel Good." With less than two months to go until the concert, the performers grapple with new lyrics and unfamiliar melodies. During their thrice-weekly rehearsals, they gradually take possession of music ranging from R&B classics like Allen Toussaint's "Yes We Can Can" to Coldplay's emotionally powerful ballad "Fix You," upending assumptions about old age, love, sex, and death.

Day Trips to popular shows and summer outings...call now!

◇ **Lake Winnepesaukee Cruise and Castle in the Clouds**

A cruise on Lake Winnepesaukee out of Weirs Bay, Lunch at the Lakehouse in Meredith, NH, and a visit to the Castle in the Clouds, a turn of the century sixteen-room Arts and Crafts mansion perched on a 5,500- acre mountaintop estate overlooking Lake Winnepesaukee.

Location: Lake Winnepesaukee, Meredith, NH

Guided bus tour, lake cruise, lunch and visit to Castle in the Clouds.

Date: Tuesday, July 14, 2015

Price: \$99.95 p/p includes bus, cruise, lunch and sightseeing.



◇ **Isle of Shoals, Lighthouses and Portsmouth Harbor Cruise**

Enjoy a harbor cruise aboard the Victorian style M/V Thomas Lighton and experience the Legends of the New Hampshire and Maine Seacoast, including the Legendary Isle of Shoals. Experience the Unique Working Port of Portsmouth Harbor with Tugboats, 5 Historic Forts, 3 Lighthouses and the "Alcatraz of the East" Castle-Like Prison.

Location: Portsmouth Harbor, NH

Date: Tuesday, July 21, 2015

Price: \$99 p/p includes bus, lunch at the Common Man, and cruise.



◇ **The Spirit of Boston** – 2-hour getaway on Boston's Historic Harbor

Location: Boston, MA

Date: Tuesday, July 28, 2015

Price: \$89 p/p includes bus, luncheon, entertainment and dancing

◇ **The Beach Boys** – Ultimate Tribute Show. Hits include: "Surfin", "I Get Around", "Good Vibrations", "Surfer Girl", "Barbara Ann", "California Girls", "Sloop John B." "Little Deuce Coupe", "Help Me Rhonda", "Fun, Fun, Fun" & more.

Location: Venus de Milo in Swansea, MA

Date: Wednesday, September 22, 2015

Price: \$85 p/p includes bus, lunch and show

◇ **Fall Foliage Day Trip**

A Tour of the Cathedral in the Pines, Lunch at JP Stephens, a Visit to Smith's Country Cheese, and a Stop at the Red Apple Farm.

Location: Rindge, NH

Date: Thursday, October 1, 2015

Price: \$79.95 p/p includes bus, lunch and show



◇ **New Hampshire's Turkey Train**

Guided bus tour featuring Fall Foliage Train Ride, Hart's Turkey Farm, Lunch, a Mystery Stop and Sightseeing.

Location: Meredith, NH

Date: Wednesday, October 7, 2015

Price: \$89.95 p/p includes bus, lunch and show

◇ **Italian Festival 2015**

Italian Festival with a Great Show and Special Menu from Danversport Yacht Club.

Location: Danversport Yacht Club

Date: Wednesday, October 21, 2015

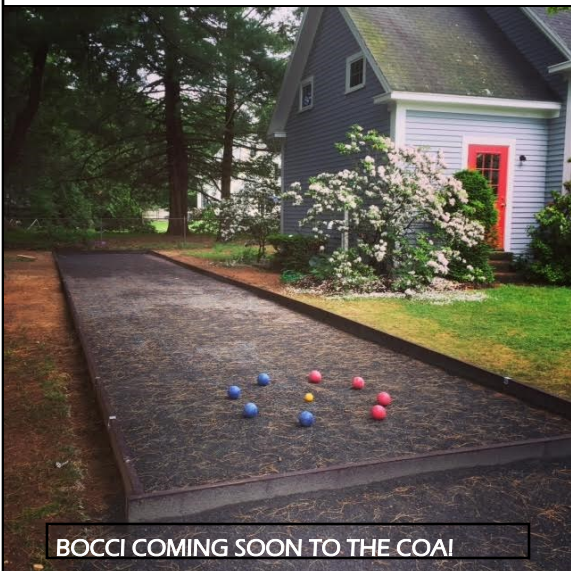
Price: \$59 p/p includes Luncheon and Show

Wenham COA transportation available



Seniors Helping Seniors 2015—A Resident Story

Winter was rough on my house and backyard. When I read in the COA Newsletter about a service project by the H-W High School senior class called "Seniors Helping Seniors", I called the school to apply. I told the Principal of my desire to replace two winter-killed roses, and to plant a Japanese Maple where I had lost an apple tree. I suggested two students could handle the work. He said "I'll send you four". When the SHS work day arrived, not only four but 12 seniors showed up. And besides the two projects I originally requested help for, the seniors pitched in, without my request, and washed my dishes, vacuumed and washed down my screened porch, weeded and trimmed my perennial garden, swept the leaves from my garage, and dug up vines and weeds from my dog pen so little "Sugar" can spend balmy days outside. Thank you Class of 2015! You've made it possible for me to sit back and really enjoy the summer! Many thanks, Bob Wilks



BOCCI COMING SOON TO THE COAI

THE WENHAMITE JULY 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
		1 Bridge - HWL - 10am. Library Book Club HWL - 7pm - 8pm.	2 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm Newly Bereaved Kaplan House 6 - 8 pm	3 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup W - 12pm - 2pm Bingo - Enon - 2pm
6*SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm Sharing our losses - A Circle of Caring - Putnam Farm, Danvers 10:30am - 11:30am	7 * Sen Tarr Rep - W 10:30am *Chair Yoga W- Lisa 1pm - 2pm COA BOARD MTG W - 2 - 3 PM *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	8 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm	9 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm SeniorCare's 6th Annual Sunset Cruise 6:30 - 9:30pm	10 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup W - 12pm - 2pm Bingo - Enon - 2pm
13 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Audiology - W 12pm-2 Bridge - W 6:30 - 8:30 pm	14 * see Day Trips <u>*Movie - W - 10am</u> YOUNG@HEART *Chair Yoga W - Lisa 1pm - 2pm *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	15 Bridge - HWL - 10am *Low Vision - H - 10:30am *ICE CREAM SOCIAL W 2 - 3:30pm	16 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm* *KAYAKING - 4pm (Meet at ERBA, 1 Main St. in Essex).	17 <u>Silk Scarf Making W</u> COA 2pm - 4pm (Limit 10) *Benefits Checkup W - 12pm - 2pm Bingo - Enon - 2pm
20 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	21 * see Day Trips *Chair Yoga-W - Lisa 1pm - 2pm *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	22 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *Paint Times Aleah W 2pm - 4pm	23 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm	24 Bingo - Enon - 2pm *Benefits Checkup W - 12pm - 2pm
27 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm	28 * see Day Trips *Chair Yoga-W - Lisa 1pm - 2pm <u>*Movie - W - 2pm</u> YOUNG@HEART *Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm	29 CLOSED FOR RENOVATION	30 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm	31 Bingo - Enon - 2pm *Benefits Checkup W - 12pm - 2pm Van Mystery Ride 11:30am - 1:30pm

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 Dispatch: 978-468-5534
Service hours: Mon - Fri: 8 am - 3:30 pm
24 Hr. Advance Notice Preferred
COA SEEKING Volunteers!



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 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. **Loss of Spouse/Partner**, Tuesdays, June 23 – August 11, 6:30 – 8 pm. **Loss due to suicide**, Thursdays, July 9 – September 29, 6 – 7:30 p.m. **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.

Low Vision Group Meeting - On Weds, July 15th 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.

Benefits Check-up - Every Friday, July 3, 10, 17, 24 and 3 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. BenefitsCheckup 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 service yourself using this tool and/or review it with me. (<https://www.benefitscheckup.org>)

Podiatrist - Two options currently available while we search for a visiting podiatrist include: 1.) Dr. Kenneth Cesa, 290 Essex Street, Beverly (978) 927-0600 and 2.) Dr. Tim Tobin at Beverly Podiatry located at 900 Cummings Center (Suite 109u) (978) 927-1911 and to the left of the front entrance of the Cummings Center complex. They both take most insurances, Medicare deductible excluded.

Serving the Health Information Needs of Everyone - SHINE

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

- ◇ **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?**

CALL ME (JIM) AT (978) 468-5529 AND SET UP AN APPOINTMENT

At The Community House

Sundays in Patton Park

FREE outdoor musical concerts – 5pm-7pm during the summer

July 5 -Hollands- Americana, Folk Revival

July 12 – Jah Spirit – African Reggae, Calypso

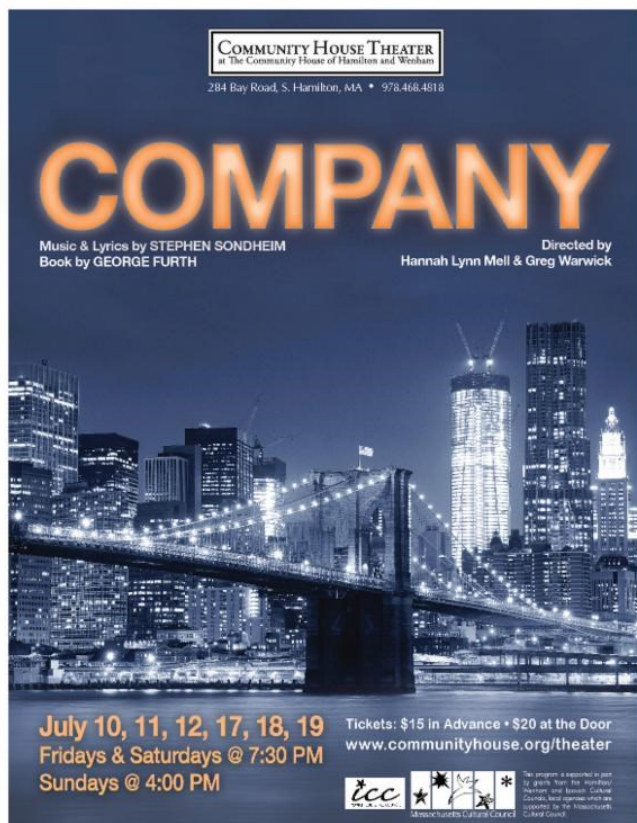
July 19 – Tom Eaton & Pick 3 – Acoustic Bluegrass

July 26 – Horizon & The Horns – Great Music from the 50's to today

August 2 – Community Musicians – Folk, popular and Sacred Music Talented members of First Congregational Church Hamilton perform music for all

August 9 – Overdrive – Swing, Motown and Dance Music

Rain venue Asbury Grove Tabernacle, 1 Pleasant St., Hamilton, MA 01982



Tai Chi at the Community House

- ◇ Mondays 8:45-9:45am,
- ◇ Tuesdays 6:30-7:30pm,
- ◇ Wednesdays 9:15-10:15am
- ◇ Saturdays 9:15am-10:15am

~ Discounts available ~

~ Register now! ~

Call: **Marna Badavas** (978) 358-7760

www.greatbaytaichi.com



The health benefits include: improved circulation, balance and posture; increased strength and flexibility; and reduced stress. With regular practice, Taoist Tai Chi™ internal arts reach deep inside the body to benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is often lost through the desires and anxieties of daily life.

Library and other News



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

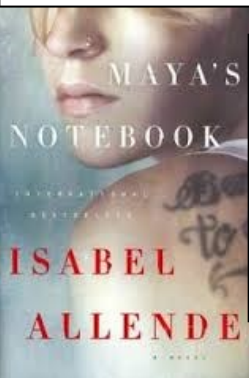
Knitting Group

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

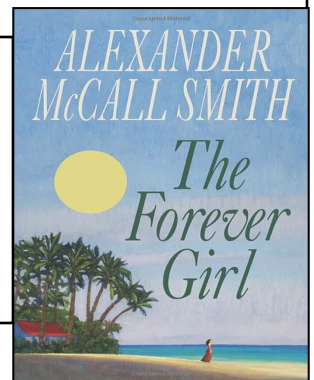
Cribbage - Every Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome!

Summer Reading: Burial Rites

Tuesday, July 14th, 11:00am -12:30pm at the H-W Library. Contact Nancy Day. Join us on a literary and visual journey to **Chile** by way of Isabel Allende's **Maya's Notebook**. "After the death of her beloved grandfather, nineteen-year-old Maya Vidal, turning to drugs, alcohol, and petty crimes, becomes trapped in a war between assassins, the police, the FBI, and Interpol, until her grandmother helps her escape to a remote island off the coast of Chile where she tries to make sense of her life." We'll also take a quick armchair tour of Chile via DVD on our big screen. Be sure to bring your brown-bag lunch, coffee, tea & dessert will be provided by the Library, plus something extra inspired by the book.



COMING...Tuesday, **July 28th**. 11:00am – 12:30pm at the H-W Library. Join us on a literary and visual journey to **Grand Cayman** by way of Alexander McCall Smith's **The Forever Girl**. This story follows both a mother and a daughter as they move through life's entanglements and decisions. We'll also take a quick armchair tour of Grand Cayman via DVD on our big screen.



SILK SCARF MAKING AT THE WENHAM COA

Join us making silk scarves!

Unlock Your Inner Picasso!

On Friday, July 17th from 12:30 - 2:00 pm at the COA Building, Tracy will guide you in the basic techniques of making your own silk scarves. Our designer Tracy Valletti, MS, BFA, is the Community Relations Director of Essex Park Rehabilitation and Nursing Center in Beverly. Each participant will finish their own unique scarf! This class is FREE and limited to 10 participants, please reserve your spot early. Call Jim (978) 468-5529.



July 15th, 2015
2:00 - 3:30PM



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

Perscription 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, commonly referred to as the "donut hole". 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

"When the people fear their government, there is tyranny;
when the government fears the people, there is liberty. ~ Thomas Jefferson 1743 - 1826

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

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 May we challenge you to attend both balanced exercise programs which will have you feeling much better this summer! Class size limited to 10. Come join us!



Poster illustration by Alexandra Kilburn



July 17-26, 2015
info: artgrowshere.com

FREE ten day, map guided tour
of outdoor art and performance in
Hamilton and Wenham

Community partners:



sponsored by

 **Parrelli Optical**