



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

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

THE WENHAMITE

DECEMBER 2015

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

Volume 2, Issue 12

Social Media: It's Not Just for Millennials!



Increasingly, people aged 65 and over are finding the value in social media. According to Pew Research Center, use by young adults leveled off in 2010, but

among older Americans social media use has *tripled* since they first began tracking the trend in 2005. This translates to 35% of internet users over age 65 engaging in some type of social media, with Facebook being the most popular. Wikipedia defines social media as "a tool that allows people to create, share or exchange information, career interests, ideas, and pictures/videos in virtual communities and networks".

It seems that once people experience connecting (or reconnecting) with friends and family, especially those that live far away or that lost touch long ago, the value of the technology is truly understood. Seeing pictures of a grandchild in their Halloween costume, a family gathering in another part of the country, or a high school reunion, etc. is the next best thing to being there. It's also a way to stay up-to-date on what's going on with organizations or causes that a person is involved with or interested in, with many organizations updating their pages regularly, including the Wenham Council On Aging. If you haven't already "liked" our page, we invite you to do so! If you'd like help learning how to set up a Facebook account or navigating your page, give us a call.

We will be doing some training particularly on the iPad in the next few months, and will be posting for donations for old iPads. An iPad 2 -3 generations old works well for us. We will familiarize you with all their features. We are also thinking we can help people with technical difficulties whether it's with there television remote or computer. Call!



The best way to cheer yourself up is to try to cheer somebody else up.

Mark Twain

This month we are kicking off with our annual Holiday Lunch at the 1640 Hart House on Tues, Dec 8th at noon. We are hoping you all will join us! This year we are asking for contributions of \$10 per person.

The WVIS has once again generously volunteered their time to host a luncheon for us the following week on Mon, Dec 14th again at noon and we hope to see you there. Please call early as space is limited.

As another year draws to a close we want to thank everyone for their vast array of contributions to our efforts to serve the community. We are looking ahead to 2017 and good things to come!

Many thanks for the generous support of the Friends Group and for their efforts to help! JR



December Luncheon at the Hart House



Tuesday, December 8th

12:00-2:00pm

\$10.00 per person

Space is limited, call the
COA to reserve your spot

978-468-5534



Wenham Tea House

Hostess Gifts • Restaurant • Unique Catering



Tea House Luncheon

Generously Sponsored by

Wenham Village Improvement Society

Monday, December 14th

12:00— 2:00pm

Space is limited to 50, call the COA to rsvp

978-468-5534

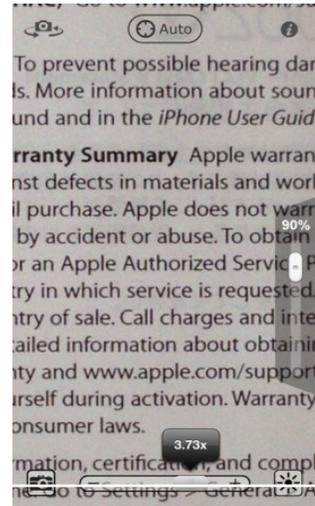
Helpful Apps for Older Americans

1. Magnifying Glass With Light . Cost: *FREE*

Platforms: iPhone, iPad

Digital magnifier and flashlight. This incredibly handy little app has served those who use it well. Anytime you find yourself in a dimly-lit restaurant, squinting away and barely able to see the writing on the menu, this app is there for you. To use, simply point the device's camera at the text you're trying to read and use the on-screen slider to make it big and easy to read. -Apppicker.com

See magnified example, right.



2. Lumosity. Cost: *FREE* Platforms: Android, iPhone, iPad

This very popular app, challenges one's brain with scientific and cognitive games. It also helps train memory and focus, and tracks your progress.

3. Pillboxie. Cost: *\$0.99* Platforms: iPhone, iPad

Whether you take several types of medicine per day, take care of someone who does, or both. This app simplifies the process, since it allows for multiple reminders with visual pill boxes. Created by a registered nurse, this is a niche app that can really streamline the process of managing medications. No data connection required and audio reminders will alert even if your phone is asleep.



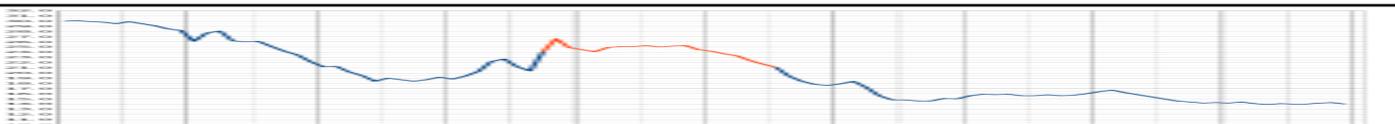
SHINE - Serving the Health Information Needs of Everyone - CALL 468-5529

MEDICARE OPEN ENROLLMENT — Down to the wire, Dec. 7th Deadline!

The Five Biggest Mistakes Boomers Make When Enrolling in Medicare

1. Signing up too early or too late for Medicare and its parts.
2. Not understanding the difference between a Medicare Supplement and a Medicare Advantage policy
3. Guessing when picking specific plans
4. Not applying for extra help
5. Not re-evaluating your coverage every year....for more, go to below link.

<https://www.ncoa.org/news/press-releases/five-biggest-medicare-mistakes/>



THE WENHAMITE DECEMBER 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>* = RSVP 468-5534</p> <p>Please call to RSVP to events marked *</p>	<p>1</p> <p>*Chair Yoga W Lisa 10:30pm - 11:30pm</p> <p>Holiday Cards HWL 7pm- 8pm</p>	<p>2</p> <p>*Benefits Checkup W - 12pm - 2pm</p> <p>Bridge - HWL 10am</p> <p>Your Book Your Way HWL 7pm-8pm <i>Self publishing</i></p>	<p>3</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>*KUE Knitting Group W - 2pm - 4:00pm</p>	<p>4</p> <p>Chocolate, The Perfect Indulgence HWL 10:30am - 11:30 am *Coping with the Holidays - Peabody COA 10:30am</p>
<p>7</p> <p>*SHINE W 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W 6:30pm</p> <p>*Outdoor Exercise Group W 1 - 3pm</p>	<p>8</p> <p>*Chair Yoga W Lisa 10:30pm - 11:30pm</p> <p>*Hart House Lunch 12:00-2:00pm <i>Call COA to RSVP</i></p>	<p>9</p> <p>Bridge - HWL - 10am</p> <p>*Garden Club Holiday Workshop W 11:00am</p> <p>Library Book Club HWL - 7pm - 8pm.</p>	<p>10</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>RIFF Book Club W - 2-4pm <i>Cocaine Blues by Kerry Greenwood</i></p>	<p>11</p> <p>*Mystery Trip</p> <p>*Current Events Group W -12pm - 2pm</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>14</p> <p>*SHINE W - 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>*Tea House Luncheon 12:00-2:00 <i>Call COA to RSVP</i></p> <p>Bridge - W 6:30pm</p>	<p>15</p> <p>*Chair Yoga W Lisa 10:30pm - 11:30pm</p> <p>Theatre Group Discussion W 1pm</p>	<p>16</p> <p>Bridge - HWL - 10am</p> <p>*Low Vision Group H - 10:30am</p> <p>Day Trips 2017 W 1pm</p>	<p>17</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>*Dog Walk - Off the leash w/Director W Noon</p> <p>*KUE Knitting Group W - 2pm - 4:00pm*</p>	<p>18</p> <p>*Benefits Checkup 12 -2</p> <p>*MOVIE - W 12PM</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>21</p> <p>*SHINE W - 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W 6:30pm</p>	<p>22</p> <p>*Chair Yoga W Lisa 10:30pm - 11:30pm</p> <p>Literary Luncheon HWL 11:30 am</p>	<p>23</p> <p>Bridge - HWL - 10am</p> <p>*Paint Times Aleah W 2pm - 4pm</p>	<p>24</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>Christmas Poetry Reading W - 12 - 1pm</p> <p>Van Service until 12:00 p.m.</p>	<p>25</p> <p>CLOSED</p> <p>Happy Holidays!</p>
<p>28</p> <p>*SHINE W - 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W 6:30pm</p>	<p>29</p> <p>*Chair Yoga W Lisa 10:30pm - 11:30pm</p>	<p>30</p> <p>Bridge - HWL - 10am</p> <p>iPad Open House - W APP sharing 1 - 3pm</p>	<p>31</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>Van Service until 12:00 p.m.</p>	

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

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 - Cancelled for December, 2015. Happy Holidays from Dr. Van Ess!

Do you know someone in Wenham that might like a visit or phone call from us? Please let us know and we will gladly reach out. Call 978-468-5534



Health and Wellness



BALANCE+ WITH REGINA

THURSDAYS 10:30-11:30

IMPROVE BALANCE ~ ENDURANCE ~

STRETCHING~STRENGTH

\$5.00 donation appreciated

Plan for Weekly Exercise with US!

TUES and THURS 10:30 - 11:30 PM

Wenham COA Building

In December, we challenge you to TRY our balanced exercise classes which will have you feeling much better this holiday season! Two classes for 2 weeks and you win 2 movie tickets to Hollywood Hits.



S T R E T C H yourself

CHAIR POSE YOGA WITH LISA

TUESDAYS 10:30-11:30

\$5.00 donation appreciated

STRENGTH BALANCE FLEXIBILITY

MEDITATION OF MIND, BODY,& SPIRIT

Library and other News



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

Bridge Group - Mondays & Wednesdays from 10am -12pm and Fridays 1pm - 4:30pm.

Knitting Group Mondays - 12:00 – 2:30 PM at the H-W Library. For beginners or experienced knitters. Drop in once or become a regular, everyone is welcome

Cribbage - Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. All are welcome!

Literary Luncheon -Tuesday - December 15th 11:30 *The Twelve Tribes of Hattie* by Ayana Mathis

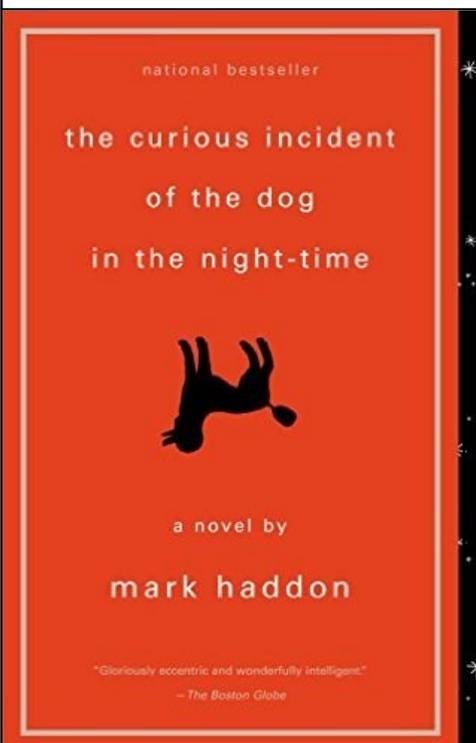
Awards Club Read and discuss award winning books with library director Jan Dempsey. Meetings are held once a month. For more information, contact the library director at 978-468-5577

Wednesday, Dec. 2nd, 7:00 PM Wednesday Night Bookclub; *My Beloved World*

Friday, Dec.4th, 10:30-11:30 Chocolate: The Perfect Indulgence. Learn why chocolate is good for you from Mike Cross, a chemist with a passion!

Wednesday Night Book Club

Led by Dede McManus. New faces always welcome!



The Curious Incident of the Dog in Night-Time by Mark Haddon

Wednesday, January 6th, 7:00p.m.

Fiction, 2003. “Despite his overwhelming fear of interacting with people, Christopher, a mathematically-gifted, autistic 15 year-old boy decides to investigate the murder of a neighbor’s dog and uncovers secret information about his mother”. - Library Catalog

Available in hardcover, large print, CD, ebook, and Playaway.

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

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. 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

Warmest thoughts and best wishes for a good holiday and all best to you in the New Year!

Congratulations to Jean Wallace, October winner of the Wenham COA Lottery!

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

**Hamilton Wenham Garden Club
Holiday Floral Workshop**

Come to a free holiday workshop given by Judy Radcliff of the Hamilton-Wenham Garden Club.

Bring your clippers (to snip holiday greens) and a small/medium pot or basket for the base of your creation.

Space is limited, please call the Wenham COA or stop in to sign up. 978-468-5534.



When: December 9th

Where: Wenham COA

Time: 11:00



Merry Christmas
& Happy Holidays!