



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

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

# THE WENHAMITE

## FEBRUARY 2016

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

Volume 3, Issue 2

### Maple Woods Housing, LLC - Wenham News from Harborlight Community Partners

Harborlight Community Partners (HCP) understands the complexity of affordable housing preservation and creation; it requires patience, tenacity, vision, and an abiding sense of mission. It also requires many partners: town residents, local officials, varying state and local funders, philanthropists, and many more. Because its impact has longevity, housing creation or preservation must be done thoughtfully, inclusively, and strategically. As an affordable housing provider guided by mission and commitment, HCP's dignified, well-maintained affordable housing projects stand as testament to their level of dedication.

HCP continues to work with the Town of Wenham to move Maple Woods, a senior housing development, forward. This vision is one of a thoughtful, well-planned, and perfect setting for seniors over the age of 62. The Maple Woods project also benefits the entire community: the number of units proposed puts Wenham well above the state-mandated 40B threshold (10%), thereby preventing other unfriendly 40B development in other sensitive Wenham locations for years to come. The permit was granted for the project locally at the Zoning Board, but elements of it were appealed late in the summer of 2015. While HCP would like to start building Maple Woods, and making it available to people this appeal process will take precious time and the project cannot move forward until that process is final. Thankfully the permit can protect the town from unfriendly 40B projects even while it is being appealed, but only for twelve months after the appeal period started.

The vision is that Maple Woods will be woven into the fabric of the Wenham community, supporting our senior residents well for decades to come. The foresight and compassion that years ago lead to the development of other notable HCP sites, like Turtle Creek and Turtle Woods in Beverly, resulted in an affordable place for elders to reside. HCP, along with many others in the Town of Wenham, aspire to reach that same goal for Maple Woods, which will be a state of the art facility with supportive services offering a wonderful quality of life for seniors.

Together, we as a community, with a growing need for senior housing, can make this happen. Visit [www.harborlightcp.org](http://www.harborlightcp.org) (News/Current Projects).



"The heart has its reasons of which reason knows nothing."

—Blaise Pascal

During much of Feb we will be planning for our **Aging Mastery Program** that will start in March. The Aging Mastery Program® is an innovative program designed to demonstrate how 4 components -- educational training sessions, self-determined plans designed by participants, follow-up activities, and rewards can empower older adults to make and maintain small, but impactful changes in health behaviors.

We are pleased by the quality of the speakers who have signed on for the AMP and we have 22 people signed up as of today. We are planning on 30. The modules cover: navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention, and community engagement.

The AMP program will be helpful for all ages and the many benefits will change your life. Please consider joining us, and help us to make it great! We are starting to see our network grow! JR



# 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, February 5, 19, 26, 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** - Wednesday, February 24th 2015. Dr. Van Ess at the Wenham COA.

## Calling all scrapbookers!!!!

Bring your box of photos and supplies and work in the comfort of the Wenham COA. Enjoy coffee/tea, snacks, and good company while working on your scrapbook. Let your creativity flow in this new group we are happy to be introducing. Similar to the Thursday Knitting Group, this class will be ongoing based on participation.

**FEBRUARY 16TH, 2:00-4:00**





# THE WENHAMITE FEBRUARY 2016 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>1</b> *SHINE W 9am - 12p  *Chair Yoga W <b>Lisa</b> 1-2 pm	<b>2</b> <b>Trip Planning Mtg W</b> 10:30am  *Movie: <i>The Martian</i> W - 1:30pm	<b>3</b>  <b>Library Book Club</b> HWL - 7pm - 8pm <i>Moloka'i</i>	<b>4</b> *Market Basket  *Balance+ W Regina 10:30am - 11:30am  *KUE Knitting Group W - 2pm - 4:00pm*	<b>5</b>  *Benefits Checkup W -12pm - 2pm  <b>Bridge - HWL</b> 1pm - 4:30pm.
<b>8</b> *SHINE W 9am - 12p  <b>Knitting - HWL</b> 12 pm - 2 pm  *Chair Yoga W <b>Lisa</b> 1-2 pm  <b>Bridge - W</b> 6:30pm	<b>9</b> *Maple St Bistro <i>formerly Log Bridge Inn</i> <b>ENON P/U</b> 10:30am  <b>COA Board Mtg - W</b> 2pm	<b>10</b>  <b>Bridge - HWL - 10am</b>	<b>11</b> *Market Basket  *Balance+ W Regina 10:30am - 11:30am  *RIFF Book Grp - W 2:00pm - 4PM	<b>12</b> *Valentines Day <b>Breakfast @</b> <b>Gloucester House -</b> 7am - 9:30 am  <b>Valentine's Day Sing-</b> <b>HWL</b> 11am <b>Bridge - HWL</b> 1pm - 4:30pm.
<b>15</b> *SHINE W - 9am - 12p <b>Knitting - HWL</b> 12 pm - 2 pm  *Chair Yoga W <b>Lisa</b> 1-2 pm  <b>Bridge - W</b> 6:30pm	<b>16</b> <b>Literary Luncheon -</b> <b>HWL</b> 11am <i>Lisette's List</i>  *Scrapbooking <b>Please RSVP</b> W - 2pm - 4:00pm*	<b>17</b>  <b>Bridge - HWL - 10am</b>  *Low Vision Group <b>H - 12pm</b>  *Paint Times Aleah <b>W</b> 2pm - 4pm	<b>18</b> *Market Basket  *Balance+ W Regina 10:30am - 11:30am  *KUE Knitting Group W - 2pm - 4:00pm*	<b>19</b>  *Benefits Checkup W -12pm - 2pm  <b>Bridge - HWL</b> 1pm - 4:30pm.
<b>22</b> *SHINE W - 9am - 12p <b>Knitting - HWL</b> 12 pm - 2 pm  *Chair Yoga W <b>Lisa</b> 1-2 pm  <b>Bridge - W</b> 6:30pm	<b>23</b>  *Movie: <i>The Changeling</i> W - 1:30pm  "Hike the Appalachian Trail" - HWL 7:30pm	<b>24</b> <b>Bridge - HWL</b> 10am <b>TRIAD - W</b> 10am <b>Podiatrist W</b> 9am  *Open Studio with <b>Aleah</b> <b>W</b> 2pm - 4pm	<b>25</b> *Market Basket  *Balance+ W Regina 10:30am - 11:30am	<b>26</b>  *Benefits Checkup W -12pm - 2pm  <b>Bridge - HWL</b> 1pm - 4:30pm.
<b>29</b> *SHINE W - 9am - 12p  <b>Knitting - HWL</b> 12 pm - 2 pm  *Chair Yoga W <b>Lisa</b> 1-2 pm  <b>Bridge - W</b> 6:30pm	  			* =  <b>RSVP</b> <b>468-5534</b>  Please call to RSVP to

# Health & Wellness



## **BALANCE+ WITH REGINA**

**THURSDAYS 10:30-11:30**

**IMPROVE BALANCE ~ ENDURANCE ~**

**STRETCHING~STRENGTH**

**\$5.00 donation appreciated**



We all want to hibernate in the cold winter months, but it's so important to *keep moving*.

Come to our Monday and Thursday classes to have fun building and maintaining your strength and flexibility!



## **S T R E T C H yourself** **CHAIR POSE YOGA WITH LISA**

**MONDAYS 1:00-2:00**

**\$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 - February 16th 11:30 [Lisette's List](#) by Susan Vreeland, 2014.

**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



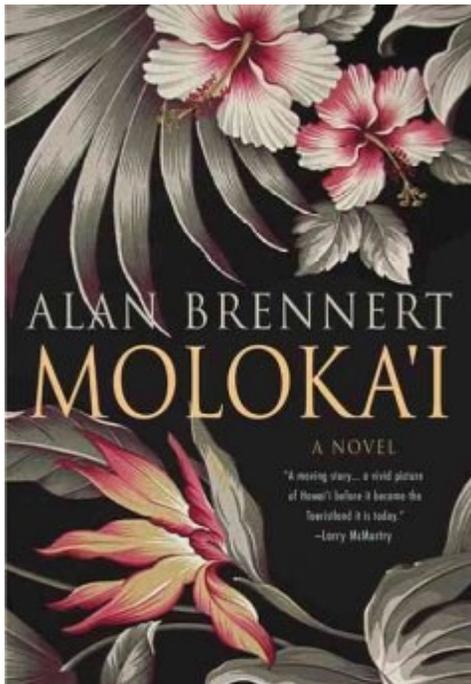
**Calling all romantics!** Valentine Musical at HW Library  
February 12th at 11:00 am. Jeanni Mack performs sentimental love songs & rousing toe-tappers from the 30's, 40's, and 50's.



## **How to Plan Your Own *Walk in the Woods*: Hike the Appalachian Trail.**

February 23rd at 7p.m.

Hear Wenham's own Steve Crowe's guide to getting out on the trail. You *can* do it. Steve is 63, has two replacement hips, and has hiked 1,400 miles!



**Wednesday Night Book Club** Led by Dede McManus.  
New faces always welcome! This month:

## **Moloka'i by Alan Brennert**

Wednesday, February 3rd, 7:00 pm

Historical fiction, 2003. "Seven-year-old Rachel is forcibly removed from her family's 1890s Honolulu home when she contracts leprosy and is placed in a settlement, where she loses a series of new friends before new medical discoveries enable her to re-enter the world." ~ The Library Catalog

Available in hardcover, CD, & MP3CD.

Copies are available at the Library.

Next month's book: The Orchard, by Amanda Coplin

Wednesday, March 2nd, 7:00 p.m.

**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

***“No winter lasts forever; no spring skips its turn.” –Hal Borland***

**Wenham Board Members**

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

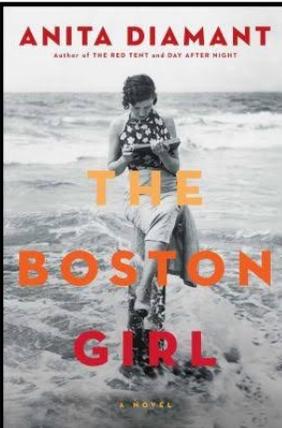
**Friends of Wenham COA**

- 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



In February the RIFF (Reading Is For Fun) book group will be discussing *The Boston Girl* by Anita Diamant. Some of you have probably read *The Red Tent* by her but this is a very different book giving us some local--Boston--color. Eighty-five-year-old Addie tells the story of her life to her twenty-two-year-old granddaughter, who has asked her “How did you get to be the woman you are today.” She begins in 1915, the year she found her voice and made friends who would help shape the course of her life. From the one-room tenement apartment she shared with her parents and two

sisters, to the library group for girls she joins at a neighborhood settlement house, to her first, disastrous love affair, Addie recalls her adventures with compassion for the naïve girl she was and a wicked sense of humor. Please come and join us on Thursday, February 11 at 2 PM. Questions, call Penny Wingate [978 468 3920](tel:9784683920).

Maple Woods



**Tai Chi for Good Health**

**Classes: Mondays, 8:45-9:45am, Tuesdays, 6:30-7:30pm, Wednesdays 9:00-10:00am and Saturdays, 8:15-9:15am**  
Beginners are always welcome! *Discounts for seniors.* For more information or to register contact: Marna Badavas at 978-360-4813 or [www.greatbaytaichi.com](http://www.greatbaytaichi.com)