



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

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

THE WENHAMITE

JANUARY 2016

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

Aging Mastery Program®

Taking small steps for lifelong rewards

It's already a very Happy New Year!!! The Wenham COA is very proud and excited to have been awarded a grant from the Massachusetts Association of Councils On Aging for the **Aging Mastery Program®**! Many of you attended an informational luncheon in November, when Joanne Moore, Director of the Duxbury COA spoke about the success they've had using this program to empower people during this critical phase of life. While not everyone was able to attend the luncheon, anyone is eligible and encouraged to sign up for the program until it's filled. We're thrilled to be kicking off the program this month!

In the **Aging Mastery Program®**, participants meet just once a week for 10 weeks. Three areas of focus are physical health, financial well-being, and life enrichment. Thanks to grant funding, each interactive and engaging session is led by an expert. *There is no cost to you for participating and only meets once per week.*

Why do this program? As mentioned on their web site, "Life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for this increased longevity. AMP offers an innovative approach to guide individuals through this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively in society. All program materials and resources align with the goal of helping people enjoy self-sufficient lives." We've received the grant and now we need YOU!

What: Aging Mastery Program®

When: January 27, 2016 12:00pm kick-off (remaining Wednesday dates to be announced)

Who: The first 30 people to call and register.

Where: Wenham COA

How: 978-468-5529 to reserve your spot ASAP or call with questions

"AMP is the best program we've ever done. Participants love it. At the end of the program, they say, "What's next!" They want to learn more, stay engaged, and stay connected with friends they have made. I highly recommend AMP. It's a game changer." — Joanne Moore, Director, Duxbury Senior Center

<https://www.ncoa.org/healthy-aging/aging-mastery-program/>

Volume 3, Issue 1

Always be on the lookout
for the presence of wonder.

E.B. White

Happy New Years and hope you had a wonderful holiday! We have many plans starting this month. Wenham was awarded two grants! One for the *Aging Mastery (AMP) Program* and a 2nd for a one-day event called, "Live Your Life Well". You will be hearing more about these in the days and weeks to come. Anyone from the surrounding towns is welcome to join us.

We also have received approval for some funding from the Hamilton-Wenham Cultural Council for a storyteller program.

Finally, we will be starting to collect what's needed to start a program with the H-W Library which is spelled out in more detail (pg 3).

We welcome new Board members and encourage you to contact me if you are interested. The Board sets the tone for any COA and though the time commitment is minimal (1 hr per month), we need your help and fresh perspective.

Please come and join us for the months of Feb and Mar for the Aging Mastery Program. Make new friends and an even better life! Cheers. 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, January 8, 15, 22, 29 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, January 27th 2015 in Hamilton COA. Call for appointments with Dr. Van Ess.

SHINE - Serving the Health Information Needs of Everyone - **CALL 468-5529** with **any** health insurance or Medicare or Medicaid questions. Appointments scheduled Mondays 9 –11am. You need to call us. Lucy Frederiksen has saved people greatly when it comes to searching for better prescription drug plans but Open Enrollment is CLOSED.

Tax Work Off - Save \$750 in Property Taxes by volunteering with the Town of Wenham for 84 hours in 2016! 1) Must be 60 or older. 2) Income cannot exceed \$49K single or \$74K married. 3) Must be current on taxes. 4) Each hour worked will generate \$9 credit toward your calendar 2016 taxes. (83.33 hrs x \$9 = \$750)

Free Hearing Screenings - Mass Audiology hearing specialist Heidi Anderson. Call!

New programs - Tablet Engaged Active Minds

The Hamilton Wenham Library and the Wenham Council on Aging has plans to launch what are called TouchTEAM workshops. These workshops are an activity-oriented exploration of mobile device, specifically iPad applications beneficial to older adults with cognitive impairment and those who care for them. Although forgetfulness can be frustrating for those experiencing it, and for their loved ones, the workshops bring into focus how joyful moments can be created, saved, shared and relived through tablets.

For those interested you can come by the Wenham COA, our local elder resource center on 10 School Street and briefly review a few different reminisce exercises. One is called Stories Etc., which enables attendees to record photo and video stories that can be made into an ebook and shared with family, to enjoy again and again. Tablet Engaged Active Minds creator and gerontologist Debby Dodds, a classmate of mine from UMass Boston started this program at the Santa Cruz Public Library in California.

This program will require funding for (4) iPads and licensed training which will all be done remotely through Generation Connect. The company was founded in 2013 by siblings Nacole and Michael Potteiger who recognized the iPad's ability to help them stay in touch with their Grandmother Bubba and so they created a movement for people like her. In January we will begin looking to train four people to start who will be trained to work between the older adults with memory impairment and those who care for them. Call if you are interested either as a trainer or participant. (468-5529)

Coming in 2016!

Improv (Plays) Reading Group - We have had some interest in reading different character parts in different plays by fun playwrights monthly at the COA. If you want to participate call us so we know how many parts we need. 468-5529

Current Issues Group - See the calendar for date and time to join us to meet monthly to discuss world issues facilitated by local SMEs to be named. Exploring through critical thinking issues like ISIS, immigration, global warming, and healthcare looking with a global view. Call me if you would be interested. 468-5529

Local Politics Discussion Group - Looking for others interested in discussing local government issues with emphasis on issues that we can do something about to help: retirement jobs, housing, finance, and ways to reduce your annual tax burden. 468-5529

Movie aficionado needed - Every month we have movies and no one comes. Granted my choices aren't the best. In fact, we have comfortable furniture, offer lunch, and nothing has changed. Can someone out there reading this call me and tell me what's missing. We have a movie license from the Motion Picture Association and multiple options with hi-definition television, NetFlix and a projector. Thoughts? 468-5529

Health and Wellness



S T R E T C H yourself

CHAIR POSE YOGA WITH LISA

MONDAYS 1:00-2:00

STRENGTH ~ BALANCE ~ FLEXIBILITY

MEDITATION OF MIND, BODY, & SPIRIT

Stretching and balance poses work not only on the body's frame but on the internal organs, glands and the nerves as well, keeping all the systems in radiant health. By releasing physical and mental tension, stretching also unblocks vast resources of energy. Stretching can help one to experience the interrelationship between the mind and the body, balancing the body's need for movement and quietness.

BUILD STRENGTH WITH REGINA

IMPROVE BALANCE ~ ENDURANCE

STRETCH ~ STRENGTH

THURSDAYS 10:30-11:30



Strength training has been proven to have many benefits, particularly for older adults. According to the Centers for Disease Control and Prevention (CDC), strength training can be instrumental in helping to reduce the symptoms of many chronic conditions and diseases, including diabetes, arthritis, osteoporosis, and obesity. Research has shown that strength training helps with: 1. Better balance and reduction of broken bones from falls. 2. Bone strengthening. 3. Heart health. 4. Glucose control. 5. Weight control and maintenance. 6. Quality of sleep. 7. Healthy state of mind and reduction of depression. 8. Arthritis relief.

Water Exercise- Winter 2016 Evening Session Tue, Thu @ Gordon College

Bennett Center Pool \$66.00 Res, \$71.00 Non-Res 01/19/2016 - 04/28/2016

8:00 PM - 9:00 PM. A little late, but you'll get used to it!

Adult Pickleball (Indoors) Mon-10am; Wed-10am; Fri-12:30pm; Sat-5:30pm.

Recreation Center - Gym \$3.00 Res, \$3.00 Non-Res 01/01/2016 - 03/18/2016.

This is a really fun game! Like hand/eye? and mixing it up? Fun group. Just do it!

ZUMBA starting January 5th. Tuesdays 7:30am - 8:30am with Betsy. Thursdays

8:30am -9:30am with Bonnie. Fee: \$50 Full Session, \$10 Drop-In. Location:

Recreation Center Gymnasium. The early bird special. Come in your pajamas!

What is Health? Nutrition Lecture & Reset Program Information Session.

Date: Saturday, January 2. Time: 9:00- 11:00AM Fee: Introductory Lecture is FREE.

21 Day Reset Program \$319 Location: HW Rec gym

THE WENHAMITE
JANUARY 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

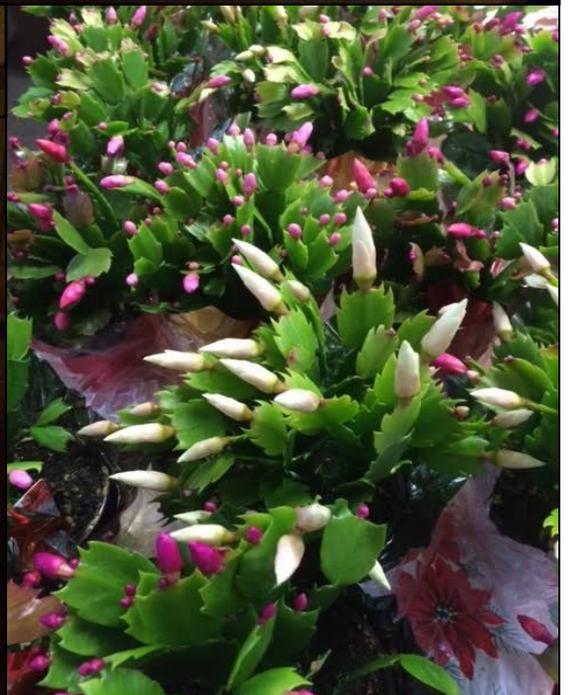
Monday	Tuesday	Wednesday	Thursday	Friday
SEE*RSVP 468-5534				1 *Benefit Checkup W 12-2pm Bridge - HWL 1pm - 4:30pm.
4 Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm *Chair Yoga W Lisa 1-2pm	5	6 Bridge - HWL - 10am Weds Night Book Club HWL - 7pm	7 *Market Basket Cribbage HWL 10am *Balance+ W Regina 10:30am *KUE Knitting Group W - 2pm - 4:00pm*	8 *Lawrence <i>The Arab Revolt</i> HWL 10:30am *Benefit Checkup W 12-2pm Bridge - HWL 1pm - 4:30pm. Bingo - Enon - 2pm
11 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2pm Bridge - W 6:30pm	12 Senator Tarr Rep. - W 10:30 am Board Meeting - W 2pm	13 Bridge - HWL - 10am *Low Vision Group H - 10:30am	14 *Market Basket Cribbage HWL 10am *Balance+ W Regina 10:30am RIFF Book Club W - 2-4pm <u>Being Mortal</u> by Atul Gawande	15 *Benefit Checkup W 12-2pm Play Reading W 1pm - 3pm Bridge - HWL 1pm - 4:30pm. Bingo - Enon - 2pm
18 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2pm Bridge - W 6:30pm	19 *Chair Yoga W Lisa 10:30pm - 11:30pm Literary Luncheon HWL 11:30 am	20 Bridge - HWL - 10am *Paint Times Aleah W 2pm - 4pm	21 *Market Basket Cribbage HWL 10am *Balance+ W Regina 10:30am *KUE Knitting Group W - 2pm - 4:00pm*	22 *Benefit Checkup W 12-2pm Bridge - HWL 1pm - 4:30pm. Bingo - Enon - 2pm
25 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2pm Bridge - W 6:30pm	26 *Chair Yoga W Lisa 10:30pm - 11:30pm Local Politics Discussion Grp - W 12pm	27 Bridge - HWL - 10am <i>AGING MASTER PROGRAM</i> NOON *Open Studio Aleah W 2pm - 4pm	28 *Market Basket Cribbage HWL 10am *Balance+ W Regina 10:30am	29 *Benefit Checkup W 12-2pm Bridge - HWL 1pm - 4:30pm. Bingo - Enon - 2pm



HAPPY NEW YEAR!



Send email to jreynolds@wenhamma.org with
ONLINE NEWSLETTER as subject.



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 - January 19th 11:30 *The Language of Flowers* by Vanessa Diffenbaugh

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

First Friday: January 8th 10:30, Lawrence, the Arab Revolt and Palestine.

Wednesday Night Book Club

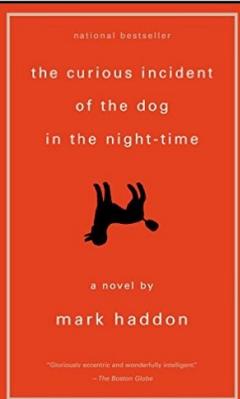
Led by Dede McManus. New faces always welcome!

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.



Next month’s book: Moloka’i by Alan Brennert
Wednesday, February 3rd, 7:00 p.m.



Lawrence, the Arab Revolt and Palestine - Friday, Jan 8th @7:30 pm
Learn about World War II’s Middle East, specifically the efforts of Great Britain and France to enlist the Arabs against the Ottomans. The Arabs believed that they would gain control over any lands they liberated once the war was over. Unfortunately, promises made would not be kept: both powers carved up the region based upon their imperial desires and in doing so, planted the seeds of strife and discord that continues today. T.E. Lawrence was an idealized Englishman who fell in love with the Middle East. He would become pivotal in dealings between the Arabs and the British; his all-consuming dream was to liberate the people. As the war progressed, he realized he could not serve both the Crown and the Arabs. His story is both tragic and intriguing.



**See H-W Library
First Fridays
Schedule 2016**

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

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

"What we need is a radical reinterpretation of longevity that makes elders (and their needs) central to our collective pursuit of happiness and well-being."
~ Dr William Thomas

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



Local resident, Joe Harris headed out on Nov 15 to break the solo

round the world record of 138 days in a 40' Akilaria AC2. Follow him at:
<http://www.gryphonsolo2.com/>

Center For Mindfulness & Insight Meditation



WHEN: SATURDAYS 9:30-10:45

WHERE: 72 Grapevine Rd. (next to NDCC)

WHAT: Meditation

Drop-in meditation every Saturday morning from 9:30 to 10:45. These sessions consist of silent practice followed by a talk and a discussion period, and are suitable for both beginners and experienced practitioners. Please contact:

Michael@MahasatiMeditation.org or call (978) 515-7648 before attending for the first time so you can receive a brief orientation during your first visit.

No charge, but donations are always welcome.

View complete offerings at <http://www.cfmim.org/>

978-515-7468