



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

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

THE WENHAMITE

JULY/AUGUST 2016

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

Volume 3, Issue 7

New program coming in the Fall will bring lifelong learning through a Community Service Program

Every day 10,000 people in the United States turn 65, and more than 10 percent of them suffer memory loss. By age 85, it's 50 percent. "That's a lot of memory loss," says former CA resident Debby Dodds, who was first inspired to find computer programs to help the forgetful when her own mother began experiencing mental decline. The experience led her to develop a bold new program to help save memories before they fade—and it's been in full swing in a Santa Cruz library since 2013. Called the TouchTEAM (Touch *active engagement* Tablet Engaged Active Minds), the program uses iPads and apps to build bridges between those who are losing precious memories and those who care for them. "One of the biggest problems with memory loss is depression. When your memory declines to a certain level, people discount you. If you ask the same question several times, some think you don't understand, even though often they do."

The Wenham COA has acquired 4 iPads. We are looking for two additional people to become *mentor-trainers* to train "caregivers" of people dealing with memory loss on the iPad. Our trainers will learn to coach two people - the caregiver and the person with dementia. We plan to run in the program in collaboration with H-W Library and figure out many of the details this summer.

The training includes dementia sensitivity training, app, and iPad training. The group will determine what is required to become effective trainers. When we are satisfied five of us will know enough to train caregivers and train other potential "mentor trainers".

Debbie Dodds has successfully developed the program methodology while her partner, Michael Potteiger has been working on the technology - video learning. Michael does iPad trainings for a broader adult audience through a company in PA he owns with his siblings called Generation Connect. For more information see: <http://www.wearegenerationconnect.com/>.

Our current goal is to test their remote trainings, and further validate the broader value of the iPad as tool for caregivers and those with dementia. If you know anyone that might be interested in help from the care perspective please ask them to call [\(978\) 468-5529](tel:9784685529). Self guided iPad training for anyone will also be incorporated as we move forward.

"Life is better with sand between your toes"

It's been a busy month with many new projects and people helping. Our building has a new entrance ramp under construction and plantings should be installed in the next few weeks. We have 4 new board members and we are looking for a few new people to join the Friends of the Wenham COA.

We have been very pleased with the generous financial support from our recent mailing to all residents of Wenham. These funds help us pay for many programs and events we offer. It allow us to do things we want, but otherwise could not afford.

Please come to our ice cream social on Weds, July 20th at 2pm. Most of our work should be done and it would be nice to have one big gathering this summer with all our town officials.

Many thanks to outgoing members of the board including: *Chair*, Lucy Frederiksen, Roseann Brozenske, Julie Dodge and Peg Gauthier and our good *Friends*, Bob Wilks and Ann Geikie for their many years of service. Many thanks to all who support us!

Happy summer! JR



THE WENHAMITE

JULY 2016 CALENDAR

H: Hamilton Council on Aging

HWL: Hamilton Wenham Library

HWR: Hamilton Wenham Recreation Dept.

W: Wenham Council on Aging

HWCH: Hamilton Wenham Community House WM: Wenham Museum

LH: Lamson Hall

*RSVP

ENON: Enon Village

LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For July and August it's a good idea to call and confirm if an activity will run as scheduled before you make the trip! 978-468-5534</p>				<p>1</p>
<p>4</p> <p style="text-align: center;">HAPPY INDEPENDENCE DAY</p> <p style="text-align: center;">(COA CLOSED)</p>	<p>5</p> <p>Bocce W - 9:30am</p>	<p>6</p> <p>Bridge - HWL - 10am</p> <p style="text-align: center;"><i>Snakes Alive HWL</i> 6:30 pm</p>	<p>7</p> <p>Bocce W- 9:30am *Market Basket Run Cribbage HWL 10</p> <p>Balance+ W 10:30am</p> <p>*KUE Knitting W 2</p>	<p>8</p> <p>Bridge - HWL 1pm - 4:30pm</p> <p style="text-align: center;">Movie: "Concussion" W - 1pm</p>
<p>11</p> <p>Bridge HWL 10am Knitting - HWL 12 pm - 2 pm</p> <p>*Chair Yoga W Lisa 1-2 pm</p> <p>Bridge - W 6:30pm</p>	<p>12</p> <p>*Bocce W - 9:30am Literary Luncheon HWL 11:30am Senator Tarr Rep. W 10:30am COA Board Mtg W 2pm</p>	<p>13</p> <p>Bridge - HWL - 10am</p> <p style="text-align: center;">Movie: "Suffragate" W - 1pm</p>	<p>14</p> <p>Bocce W-9:30am *Market Basket Run Cribbage HWL 10 Balance+ W 10:30am *RIFF Book Grp - W 2 - 4PM* <i>The Little Red Chairs</i> ERBA - 3:30pm <i>Sunset Cruise</i></p>	<p>15</p> <p>*Bocce and lunch W - 12</p> <p>Bridge - HWL 1pm - 4:30pm</p>
<p>18</p> <p>Bridge HWL 10am *SHINE W - 9am - 12p</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>*Chair Yoga W Lisa 1-2 pm</p> <p>Bridge - W 6:30pm</p>	<p>19</p> <p>*Bocce W - 9:30am</p>	<p>20</p> <p>Low Vision Group H 2pm</p> <p style="text-align: center;">Ice Cream Social 2:00-3:30</p>	<p>21</p> <p>Bocce W-9:30am *Market Basket Run Cribbage HWL 10 Balance+ W 10:30am *KUE Knitting W 2 Essex River Cruise 1 - 3pm - 55 Dodge Street, Essex</p>	<p>22</p> <p>Bridge - HWL 1pm - 4:30pm</p> <p>*ART Grows Here Tour W - 10:30am (limit 6 riders)</p>
<p>25</p> <p>Bridge HWL 10am</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>*Chair Yoga W Lisa 1-2 pm</p> <p>Bridge - W 6:30pm</p>	<p>26</p> <p>*Bocce W - 9:30am</p> <p>"Australia" HWL 11am <i>Lunch and discussion</i></p>	<p>27</p> <p>Bridge - HWL - 10am</p> <p>*Podiatrist W 9am Hamilton</p> <p>*PaintNite by day w/ Aleah W 2-4pm</p>	<p>28</p> <p>Bocce W-9:30am</p> <p>*Market Basket</p> <p>Cribbage HWL 10</p> <p>Balance+ W 10:30am</p>	<p>29</p> <p>Bridge - HWL 1pm - 4:30pm</p> <p>30 - Saturday Monarch Butterflies HWL 1pm</p>

THE WENHAMITE AUGUST 2016 CALENDAR

H: Hamilton Council on Aging

HWL: Hamilton Wenham Library

HWR: Hamilton Wenham Recreation Dept.

W: Wenham Council on Aging

HWCH: Hamilton Wenham Community House **WM:** Wenham Museum

LH: Lamson Hall

***RSVP**

ENON: Enon Village

LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
1 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm Breast Cancer Surv.	2 *Bocce W - 9:30am	3 Bridge - HWL - 10am Library Book Club HWL 7pm <i>The Dinner</i> 18th Annual Vehicle Night HWL 6pm	4 Bocce W- 9:30am *Market Basket Cribbage HWL 10 *Blood Press W call: 10am Balance+ W 10:30am	5 *Bocce and lunch <i>Call W</i> - 12 Bridge - HWL 1pm - 4:30pm
8 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm Breast Cancer Surv. HWL - 6pm	9 *Bocce W - 9:30am COA Board Mtg W - 2pm "India" HWL 11am <i>Lunch and discussion</i>	10 Bridge - HWL - 10am Movie: "The Best Exotic Marigold Hotel" W - 1pm	11 Bocce W- 9:30am *Market Basket Cribbage HWL 10 Balance+ W 10:30am *RIFF Book Grp - W 2 - 4PM* ERBA - 3:30pm <i>Sunset Cruise</i>	12 Bridge - HWL 1pm - 4:30pm
15 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	16 *Bocce W - 9:30am Literary Luncheon— HWL 11:30-12:30 Senator Tarr Rep. W 10:30 - 11:30 am Flower Arranging W 10-11:30am	17 Bridge - HWL - 10am Low Vision Group H 2pm	18 Bocce W- 9:30am *Market Basket Cribbage HWL 10 *Blood Press W call: 10am Balance+ W 10:30am	19 *Bocce and lunch <i>Call W</i> - 12 Bridge - HWL 1pm - 4:30pm
22 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	23 *Bocce W - 9:30am	24 *Podiatrist W 9am *PaintNite by day w/ Aleah W 2-4pm	25 Bocce W- 9:30am *Market Basket Run Cribbage HWL 10 Balance+ W 10:30am	26 Bridge - HWL 1pm - 4:30pm Movie: "The Light Keeper" W - 1pm
29 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	30 *Bocce W - 9:30am	31 Bridge - HWL - 10am		

Library and other News

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!

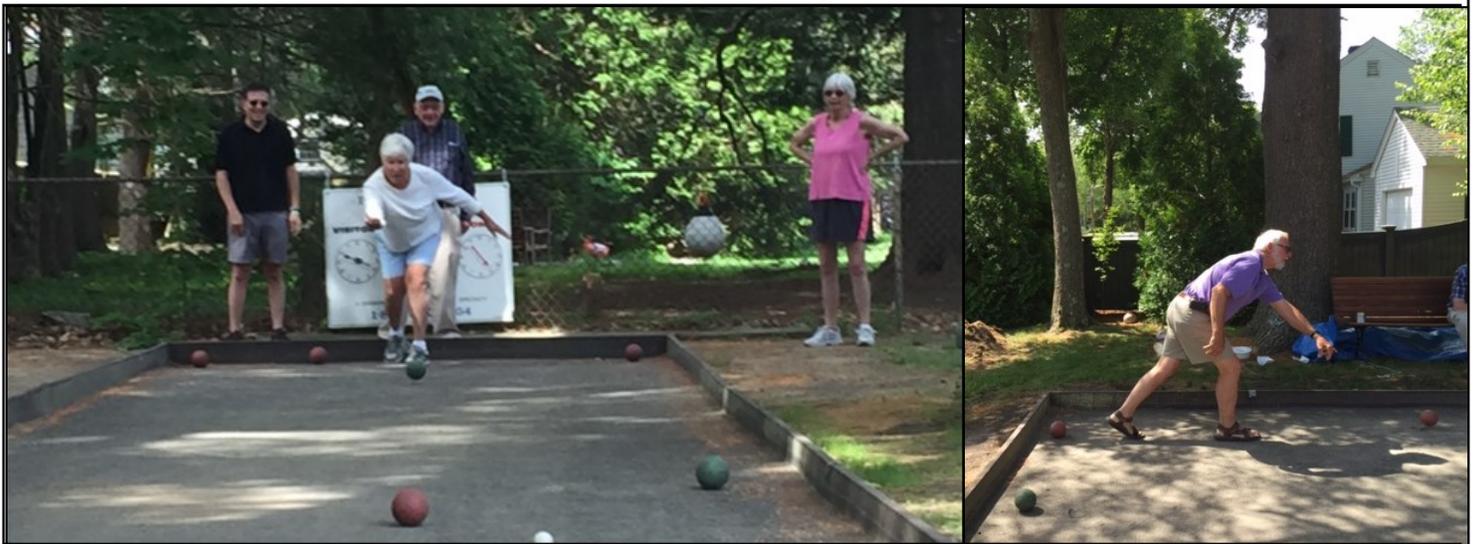
Literary Luncheon ~ returns on Mondays in September!

Wednesday Night Book Club ~ returns on Wednesdays in September!

Snakes Alive - Weds., July 6th at 6:30pm Here is your chance to see live native and exotic snakes close up. Rick Roth, herpetologist and director of the Cape Ann Vernal Pond Team, will share facts and stories about thier lives and habits. Families of all ages are welcome.

Get in the Game: Still Life Pastel Painting - Thurs., July 21st at 6pm. Call Kim Claire at 468-5577.

18th Annual Vehicle Night - Weds., August 3rd at 6pm. Brought to you by our local Fire, Police & DPWs.



Bocce is rolling every Tuesday and Thursday, starting at 9:30am.

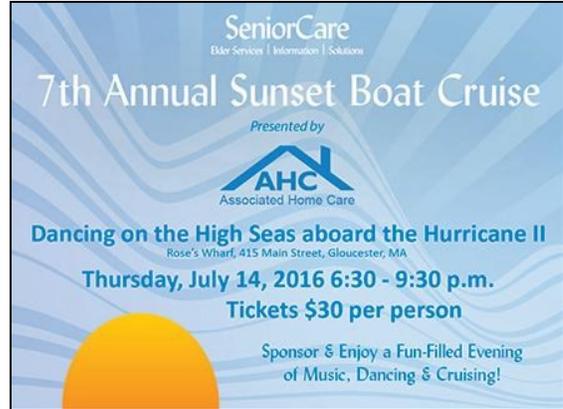
Come join the fun, we'll show you how to play, no experience necessary. If you've never played, come try it with no strings attached. It's an easy game to follow but you just never know how the game will end! Our court is shaded, there's seating, and we always have fresh coffee and cool water available. If those times don't work for you and your group, the bocce court is available to use just about anytime, but we recommend calling first. 978-468-5529.



Welcoming Group Activities

SeniorCare's 7th Annual Sunset Boat Cruise

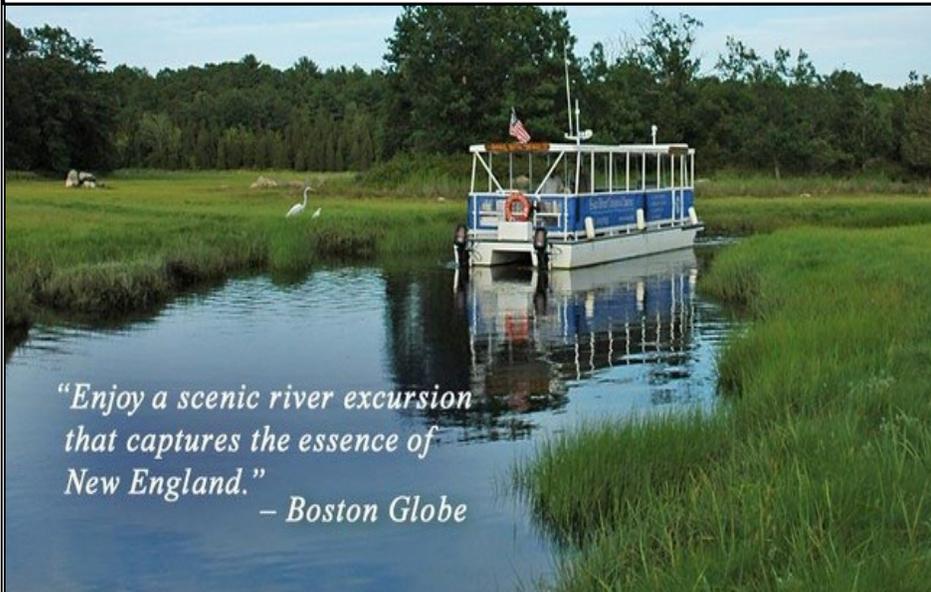
Presented by Associated Home Care. Takes place aboard Cape Ann Whale Watch's HURRICANE II, departing from Rose's Wharf, 415 Main Street, Gloucester, MA, Thursday, July 14, 6:30 – 9:30 p.m. The evening includes a raffle, picnic lunch, cash bar, and dancing. Tickets are \$30 per person and business sponsorship opportunities are available.



Event contact: Paula Curley 978-281-1750 or paula.curley@seniorcareinc.org

ESSEX RIVER BASIN ADVENTURES

On the 2nd Thursday, July 14th, August 11th, and September 8th, we will gather at 3:30 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. Limited 12. Cost \$25. The FWCOA helps us subsidize these trips and we could do larger groups.



*"Enjoy a scenic river excursion that captures the essence of New England."
– Boston Globe*

The **Wenham COA** has once again planned an Essex River Cruise excursion. We have made a reservation for 20 on Thursday, July 21st from 1 – 3pm. Please arrive at 12:30pm. The marsh itself is part of the Essex River, an intriguing natural work in progress. Formed 15,000 years ago by melting glaciers of the last Ice Age, the marsh serves as a feeding ground for many species of beautiful birds and abundant wildlife. For generations it has sustained boat builders, fishermen, clambers, entrepreneurs and characters of all sorts from the Agawam natives to the present residents.

Welcoming Group Activities

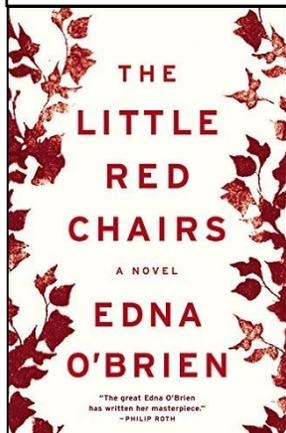
Ice Cream Social

Wednesday, July 20th, 2:00-3:30

Come enjoy complimentary ice cream sundaes!



Sponsored by the Friends of the Wenham Council On Aging



Reading Group - RIFF - READING IS FOR FUN. Thursday, July 14th at 2- 4 PM
We invite you to join our informal book group which meets the second Thursday of every month at 2 PM in the Wenham COA. RIFF (Reading Is For Fun) will meet at 2 PM on Thursday, July 14. We will be discussing Edna O'Brien's new novel, *The Little Red Chairs*. One night, in the dead of winter, a mysterious stranger arrives in the small Irish town of Cloonoila. Broodingly handsome, worldly, and charismatic, Dr. Vladimir Dragan is a poet, a self-proclaimed holistic healer, and a welcome disruption to the monotony of village life. Before long, the beautiful black-haired Fidelma McBride falls under his spell and, defying the shackles of wedlock and convention, turns to him to cure her of her deepest pains. Please come and join us for a cup of tea and informal discussion - new members always welcome.

KUE (Knitters United Etc.) on the Thursdays, July 6 & 20 from 2 - 4 PM and August - OFF

You don't have to be a knitter to be part of the group! We are meeting on the 1st and 3rd Thursday 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

ADVENTURE TRAVELS - DAY TRIPS - ENTERTAINMENT

ISLES OF SHOALS & PORTSMOUTH HARBOR CRUISE Thursday, July 21 ~ \$99pp

Board the Victorian style Thomas Loughton & tour the New Hampshire & Maine Seacoasts as well as Portsmouth Harbor. Enjoy lunch at the Portsmouth Gas Light Company. Your choice includes chicken cordon bleu, baked haddock or rotisserie pork. CALL for details, 468-5534.

FALL FOLIAGE Monday, October 3 ~ \$79pp Enjoy a guided tour and visit to the Cathedral of the Pines in Rindge, NH, lunch at JP Stephens, a visit to Smith's Country Cheese in Winchendon, MA and a visit to Red Apple Farm in Phillipston, MA where you will be given apple dumplings to take home. CALL for details, 468-5534.

CHRISTMAS - O SOLE TRIO Tuesday, December 6 & 7 ~ \$65pp Danversport YC. *O Sole Trio* is a vibrant musical ensemble featuring the lush voices of soprano Erin Shields, baritone Giuseppe Spoletini and virtuosic David Shenton on piano and violin.

CHRISTMAS AT NEWPORT MANSIONS Thursday, December 15 ~ \$69pp Visit the festive Breakers and Marble House and enjoy a tour of Newport. Lunch is on your own at Bowen's Wharf.

FREE



5PM

FREE SUMMER CONCERT SERIES
ROUTE 1A HAMILTON 5 PM

2016 Schedule of Performers

JUNE 19 Bookman And The Faucets - *Indie Pop Rock*
JUNE 26 Twangtown Paramours – *Americana direct from Nashville*

JULY 3 Just In Time Band – *John Archer’s American Song Book*
JULY 10 Dan Monaco Trio – *Smooth Jazz with Sandi Bedrosian*
Sponsored by Crosby’s, featuring Henry’s Foods & Catering
JULY 17 Livin’ On Luck – *Acoustic Classic Rock, Pop & Folk*
Sponsored by Green Meadows Farm
JULY 24 Mollie’s Misfits – *Traditional Celtic Music & more*
JULY 31 Orville Giddings Band – *R&B, Soul, Funk & Boogie*
Sponsored by 15 Walnut Tavern

AUG 7 Ipswich Community Band – *Salute to America*

RAIN VENUE - ASBURY GROVE TABERNACLE
1 Pleasant Avenue Hamilton 01982

Thank You to our 2016 Sponsors!



This program is supported in part through a grant from the Massachusetts Cultural Council, a state agency, which is supported by the National Endowment for the Arts.



Friends of the Wenham COA, Wenham Village Improvement Society, Gordon Conwell Theological Seminary and The Academy at Penguin Hall!

Things you can control:

1. Your beliefs
2. Your attitude
3. Your thoughts
4. Your perspective
5. How honest you are
6. Who your friends are
7. What books you read
8. How often you exercise
9. The type of food you eat
10. How many risks you take
11. How you interpret situations
12. How kind you are to others
13. How kind you are to yourself
14. How often you say "I love you"
15. How often you say "thank you"
16. How you express your feelings
17. Whether or not you ask for help
18. How often you practice gratitude
19. How many times you smile today
20. The amount of effort you put forth
21. How you spend/invest your money
22. How much time you spend worrying
23. How often you think about your past
24. Whether or not you judge other people
25. Whether or not you try again after a setback
26. How much you appreciate the things you have

BY RUBEN CHAVEZ // THINKGROWPROSPER



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

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

— [John Lubbock](#), [The Use Of Life](#)

Wenham Board Members

- Penny Wingate
- Buffy Colt
- Stephanie Mark
- Diana Lang
- Alyson Preston
- Regina Baker
- Susan Doughty

Friends of Wenham COA

- Wendy Cambell - President
- Bob Wilks - Vice President
- Jim Howard - Treasurer

Small repairs and tasks around the house - We would like to resurrect a small repair and tasks program at the Wenham COA. We would like you to **call in** and tell us how we can help and one of our volunteers will call. We need your descriptions of what you need and we will work on our end to fulfill your requests. We can handle light repairs to lamps and small appliances. If you drop things off with your name and phone number we will call you with any costs associated with their repair. If you need sewing or other alterations to clothing you can drop them off in a repair basket with your name and a brief description of the work & phone number.



2016 Commonwealth Woodstove Change-Out Program - available only through **August 22nd**. This program offers rebates up to \$1,500 to all Mass residents who replace their old, operational, non EPA certified woodstoves by August 22, 2016 and up to \$2,500 for those who meet *certain income requirements. (*Single below \$44,168, married \$57,759) New stoves must meet EPA and MA Certification standards. (www.masscec.com/get-clean-energy/resident/commonwealth-woodstove-changeout)

Charlie Card - 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.

Used Medical Equipment The Wenham COA needs used medical equipment such as rollators, walkers, toilet seats, canes, shower chairs, and wheelchairs. Call J. Reynolds at 978-468-5529 to use or donate items. We are always looking for equipment in good condition. Rollators and transport chairs are in high demand and we will pick up!