



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

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

THE WENHAMITE

JUNE 2016

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

The Future of COAs

The mission of the Wenham Council on Aging is “to provide and advance programs and services to enrich the lives of the older adults in the community,” with the term “older adults” referring specifically to those age sixty and over. At present, Wenham has about 940 people in this category, but as more people choose to age in place we can expect that number to rise significantly. The Population Estimates Program of the UMass Donahue Institute in Hadley headed by Susan Strate says that “by 202, Massachusetts will be home to more people 60 and older than to those under 20.” For most towns in the Commonwealth, this will mean a need for expanded COAs in terms of both physical space and program offerings.

How are other communities in our area preparing for this surge in the aging population? Swampscott included a 7,000+ square foot COA when they constructed a new high school a few years ago, when it became clear in the planning stages that the need of the seniors in the community overlapped with the needs of students. Prior to that, they were located in a small Victorian house with space and accessibility issues. Newburyport opened a Senior/Community Center this past fall (see photo below) which is 15,000 square feet and offers an array of daily activities like oil painting, baking, dance class, treadmills, and a library. With over 100 visitors daily they seem to have hit the mark with “if you build it they will come.” A smaller community following suit is Georgetown. The new Georgetown COA will be in a renovated wing of the Perley School and will benefit from the proximity of the school cafeteria and gymnasium.

From a programming perspective, things are changing as well. While bingo and knitting groups are mainstays, activities like yoga, meditation, and tap/ballet classes have become increasingly popular, as have things like pickleball, speed dating, and improv. Since many people continue to work based on choice or necessity, some COAs have increased their hours to include some evening hours so that people have more opportunities to stay connected to peers in their community. Research continues to show that social involvement has a major impact on how we age both physically and mentally. People don't need to fill their social calendar, but looking forward to something and spending time with others on a regular basis is important. As the 60+ population increases in Wenham, we'll be continuing to review our programs and use of space. As always, we welcome your input, ideas, and suggestions.



Newburyport Senior Center, Newburyport News Staff Photo by Bryan Eaton



Volume 3, Issue 6

Summer has arrived at long last! In June we conclude our AMP program at the library. It has been fun preparing every week for this Aging Mastery Program and the challenge rests in sustaining the changes we have made in our lives. People have embraced this opportunity beyond all expectation. We will take what we have learned, and move forward, knowing how this type of engagement can help.

We are looking forward to another summer of kayaking, bocce, gardening, and expanding our Outreach programs and expanding services to people in their homes. The sign on our COA building says *Wenham Resource Center* and our vision for the short term is simply to become known as a quality resource to people in need of services, equipment, and help.

If you find yourself struggling to find answers to questions involving caring for a loved one at home or need help with research on housing or any aging related question, we have volumes of reference material and websites we use which can help you find any service you may need in the Cape Ann and surrounding area.

Happy summer and thanks for your support! JR



Wenham Transport Services



Call 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

- Local appointments & destinations
- Weekly Trips to Rowley Market Basket
 - Mystery Rides
 - Van is wheelchair accessible
 - donations appreciated



Hamilton, Wenham, Manchester, Essex, Ipswich, Danvers, Topsfield, Beverly, and Peabody

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. We are always looking equipment in good condition. Rollators and transport chairs are in high demand and we will pick up. We have a good supply of most all other equipment.

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)

e-z garden looking for green thumbs!

We have **5** organic container gardens going this year. Two are 2'x8' and three are 2'x4'. They stand at 29" high or about waste high. We have hoses on both side of the building which reach the containers. We'll will supply everything, but would love some help watering and maintaining them. Call now 468-5534 and sign-up for a fun team of experimental gardeners and bring your knowledge or just come learn with us by **watering** them once a week for 15-30 minutes. 10 School Street. Please come join us...it's so easy and relaxing compared to grunt gardening I am used to. Last year we had numerous varieties of chard, tomatoes, cucumbers, zucchini, kale, beans, herbs, and peppers. We would like to try some new things this summer!

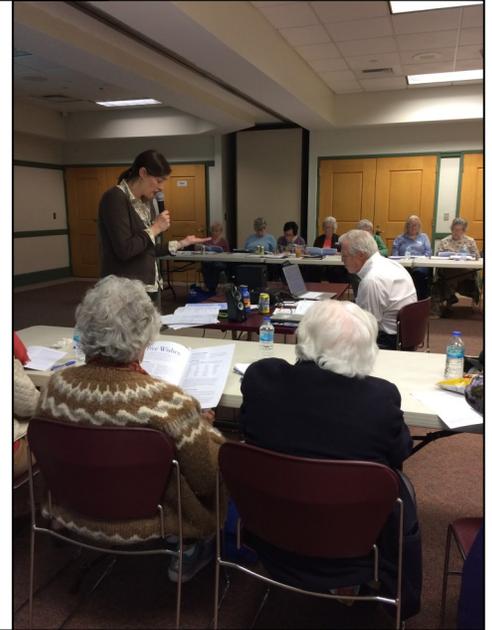
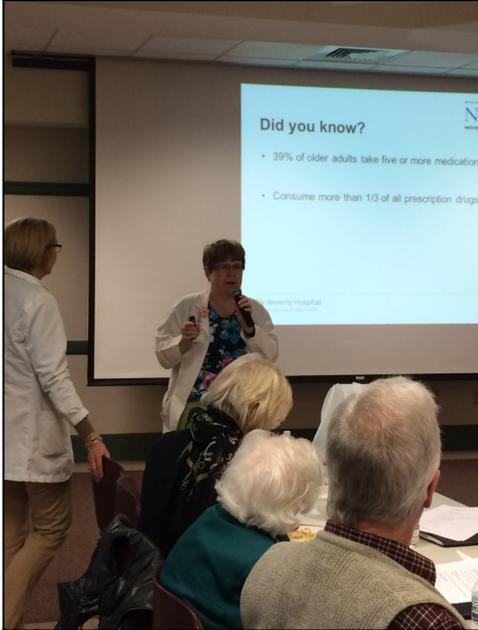


SAVE THE DATE: June 8th AMP Graduation Day

Wednesday 12:00-2:00 at HW Library — Lunch provided

If you're a registered participant and have attended at least 7 of the 10 classes, we hope you can join us for graduation!

Photos from Spring 2016 AMP Program:



Notable comment: "AMP is the best program we have ever done. Participants love it. At the end of the program I expect they'll say, "What's next!" They want to learn more, stay engaged, and stay connected with the friends they have made. Many participants will continue to seek out new friends as a result of this program. It is a game changer!"

Joanne Moore, *Director of Duxbury Senior Center*

Health & Wellness

S T R E T C H your body and relax your mind



YOGA WITH LISA

MONDAYS 1:00-2:00

**STRENGTH BALANCE FLEXIBILITY
MEDITATION OF MIND, BODY, & SPIRIT**
small donation appreciated



BALANCE+ WITH REGINA

THURSDAYS 10:30-11:30

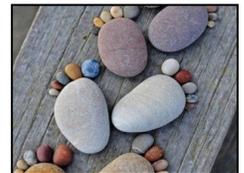
**IMPROVE BALANCE ~ ENDURANCE ~
STRETCHING ~ STRENGTH**
small donation appreciated



PODIATRIST

Wednesday, June 22, 2016

Dr. Gregory Van Ess - Wenham COA.



Please call 978-468-5534 to schedule your time, appointment required



Bocce and Bagels!!!!

Tuesday and Thursdays

9:30 - 12pm 10 School St

No experience necessary

"A little competition, a lot of fun!"

(978) 468-5534 for more info



Paintnite with Aleah
2:00-4:00
Wednesday, June 22
No experience necessary,
materials provided, \$5 donation
appreciated
Step-by-step instruction for the
painting below.



Kayaking - Sunset Tours

Jun, 9th at 3pm

ERBA, 1 Main St, Essex, MA

No experience necessary

(978) 468-5534 for more info

THE WENHAMITE

JUNE 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>Not sure if a program is still running as scheduled? Call us to check!</p> <p style="text-align: center;">978-468-5534</p>		<p>1 Bridge - HWL - 10am</p> <p>Aging Mastery HWL 12:00-2:00</p> <p>Library Book Club HWL 7pm <i>The Shadow of the Wind</i></p>	<p>2 Bocce W- 9:30am *Market Basket Cribbage HWL 10</p> <p>Balance+ W/Regina 10:30am - 11:30am</p> <p style="text-align: center;">*KUE Knitting Group W 2 - 4PM*</p>	<p>3 *Birds of Prey HWL 10:30am</p> <p>Bingo at Enon 2-4 2:00-4:00</p>
<p>6 *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 Breast Cancer Surv. HWL - 6pm</p>	<p>7 *Bocce W - 9:30am</p>	<p>8 Bridge - HWL - 10am</p> <p>Aging Mastery HWL <i>Graduation</i> 12:00-2:00</p>	<p>9 Bocce W- 9:30am *Market Basket Cribbage HWL 10</p> <p>Balance+ W/Regina 10:30am - 11:30am ERBA KAYAKING 3PM</p> <p>*RIFF Book Grp - W 2 - 4PM* <i>My Brilliant Friend</i></p>	<p>10</p> <p style="text-align: center;">Bridge - HWL 1pm - 4:30pm</p> <p>Bingo at Enon 2-4</p>
<p>13 *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>14 *Bocce W - 9:30am Literary Luncheon— HWL 11:30-12:30 Senator Tarr Rep. W 10:30 - 11:30 am COA Board Mtg W - 2pm Letters from Nigeria w/Gretel Clark HWL - 7pm</p>	<p>15 Bridge - HWL - 10am</p> <p style="text-align: center;">Enon Village Strawberry Fest. 1:00-2:00pm</p> <p>Low Vision Group H 2pm <i>Andrea Shein</i> <i>MA Comm. for the Blind</i></p>	<p>16 Bocce W-9:30am *Market Basket Cribbage HWL 10</p> <p>*Blood Press Chk W <u>call:</u> 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am</p> <p style="text-align: center;">*KUE Knitting Group W 2 - 4PM*</p>	<p>17</p> <p style="text-align: center;">*Bocce and lunch W - 12</p> <p style="text-align: center;">Bridge - HWL 1pm - 4:30pm</p> <p>Bingo at Enon 2-4</p>
<p>20 *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>21 *Bocce W - 9:30am</p>	<p>22 *Podiatrist W 9am</p> <p style="text-align: center;">*PaintNite by day w/ Aleah W 2-4pm</p>	<p>23 Bocce W-9:30am *Market Basket</p> <p>Cribbage HWL 10</p> <p>Balance+ W/Regina 10:30am - 11:30am</p>	<p>24 *Drug Free Chronic Pain Presentation HWL 12-1pm</p> <p style="text-align: center;">Bridge - HWL 1pm - 4:30pm</p> <p>Bingo at Enon 2-4</p>
<p>27 *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>28 *Bocce W - 9:30am</p>	<p>29 Bridge - HWL - 10am</p>	<p>30 Bocce W-9:30am *Market Basket</p> <p>Cribbage HWL 10</p> <p>Balance+ W/Regina 10:30am - 11:30am</p>	

Library and other News

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

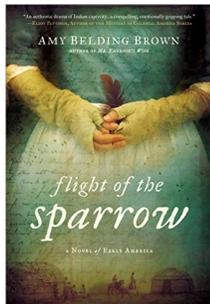
Knitting Group Mondays - 12:00 – 2:30 PM at the H-W Library. For beginners or experienced knitters. Drop in once or become a regular, everyone is welcome

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 Led by Dede McManus. New faces always welcome!

Flight of the Sparrow by Amy Belding Brown Wednesday, June 1 at 7:00 pm



Historical fiction, 2014. "In 1676, Mary Rowlandson is captured by Indians and sold into the service of a powerful woman tribal leader where she, a pawn in the ongoing bloody struggle between English settlers and native people, witnesses harrowing brutality as well as unexpected kindness."

- library catalog

Available in paperback and large print



Birds of Prey Friday, June 3 at 10:30. See a peregrine falcon, red-tailed hawk, great-horned owl, turkey vulture, & others. Learn the natural history and some unique behaviors of these magnificent birds from wildlife rehabilitator Tom Ricardi. Presented in partnership by the Hamilton COA & the Wenham COA & the Friends of the Library.

3D Printing Orientation & Demo Saturday, June 4 at 2:00. Join our Head of Reference, Sarah, as she shows you the basics of our 3D printer including printing a small object. Registration is required as space is limited to allow for Q&A.

Movement for Breast Cancer Survivors Monday, June 6 at 6:00. Angela Marciano McCarthy, Physical Therapist & Pilates teacher leads this 30 minute movement workshop. Participants should have doctor's clearance to exercise, wear comfortable clothes, and be able to get on and off the floor. Bring a yoga mat or large towel.

Letters from Nigeria

A young American observes a newly independent country 1961-62

Gretel Clark



Letters from Nigeria: A young American observes a newly independent country 1961-1962 Tuesday, June 14 at 7:00. Local author Gretel Clark joined her husband on a pre-Peace Corps mission to newly independent Nigeria: she worked in the Ministry of Education, he joined a team of economists sent by the Ford Foundation. Gretel's letters home give an inside view of the fledging government.

Hamilton-Wenham Library on Friday June 24th 12:00-1pm

Ongoing pain can leave you with little energy to enjoy life. Learn about some simple positive and natural things that you can do for yourself, as well as about treatments that have shown to help long term pain sufferers without the dangers of drugs and surgery, even if you have had pain for years. Light lunch will be provided. **Bring your questions and please RSVP for lunch (978) 468-5534.** Speaker: Dr. Ellen Blomerth from Neuropathy Northshore and Blomerth Chiropractic in Peabody.



Congratulations!

Recently the Director, Jim Reynolds, completed his MS in Gerontology; *Management of Aging Services* degree at UMass Boston. "Many thanks to my family, the Board and everyone from Town Hall who wrote cards and came to celebrate. It's took three years and I am glad it's over. Thanks."



Last month we asked for personal "trailblazer" stories to inspire others in recognition of Older Americans Month. Thank you for your contributions! With his permission, we've printed Bob Gray's story below.



Staying Active in the Community by Bob Gray

I was born and brought up in Hamilton (Garfield Ave -1941), went to all the schools here including the old Jonathan Lampson School which is now the Hamilton Housing, and also went to Hamilton High School which is now The Hamilton-Wenham Library. While in high school (10th grade-1958) I went to work at the IGA which is now Crosby's and worked there for several years. From there I went to work at the United Shoe in Beverly which was the main employer to many people for many years. You had to be sponsored by an employee back then to even be able to apply for a job there. Skip a few years and I bought a True Value hardware store in Melrose and was there for twelve years.... I still miss it but not all the hours required to operate it. During this time, I was in the Kiwanis Civic Club and served as Treasurer for several years. From there I was a manager for a large box store in Revere named P.F. O'Connor, then went to work for a large hardware distributor in Boston and retired at 70 years of age from there.

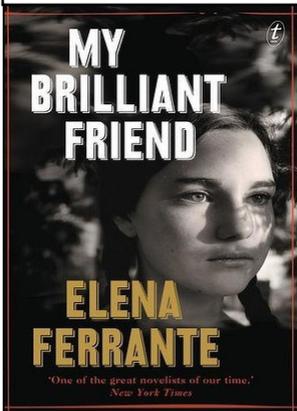
After retirement I thought about doing some things for the community to help others. In 2008 a group of burdened Senior Citizen tax payers got together and formed a group called "Enough is Enough" (EiE) to try and get Hamilton and Wenham politicians to be more financially responsible and make it more affordable for Seniors to live in our towns. We had 6 great years of success but got burned out and basically dissolved. I successfully ran for a position on the Board of Directors for the Hamilton Housing Authority but recently resigned because of family matters but am still helping out there when I can.

Approximately 3 years ago I got a call from Butch Crosbie asking me if I would like to help out the Hamilton and Wenham seniors by driving the Senior Van a few days a week? (We only do Wenham now) I liked the idea of being able to help seniors get around and assisting in getting them to Doctor appointments, shopping, hairdressers, etc. with some personalized service, plus it gave me something to do in my spare time and stay in contact with people. I'm still driving.

Well that's my story in a nutshell. I hope to see you on the van sometime and say hello.

-- Bob Gray

Welcoming Group Activities



Reading Group - RIFF - READING IS FOR FUN. Thursday, June 10th at 2- 4 PM We invite you to join our very informal book group which meets the second Thursday of every month at 2 PM in the Wenham COA. Read *My Brilliant Friend* by Elena Ferrante and come join us. This is the first book in a series of three which has been described as a modern masterpiece. The story begins in the 1950s, in a poor but vibrant neighborhood on the outskirts of Naples, Italy. Growing up on these tough streets the two girls learn to rely on each other ahead of anyone or anything else. They are likewise the embodiments of a nation undergoing momentous change. Through the lives of these two women, Ferrante tells the story of a neighborhood, a city, and a country as it is transformed in ways that, in turn, also transform the relationship between her protagonists, the unforgettable Elena and Lila.

KUE (Knitters United Etc.) on the Thursdays, June 3rd & 17th from 2 - 4 PM

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

LOBSTERBAKE & KENNEBUNKPORT Wednesday, June 22 ~ \$89pp The day begins with a bountiful lobsterbake at the Clambake Seafood Restaurant in Scarborough, ME at Old Orchard Beach. Enjoy a guided tour of Kennebunkport including a stop at the lovely gardens & shrines of the Franciscan Monastery. Your meal includes a choice of lobster & clams or baked haddock. CALL for details flyers 468-5534

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

Board the Victorian style Thomas Lighton & 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 detail flyers 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 detail flyers 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.

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

You are never too old to set another goal or dream a new dream.
~ CS Lewis

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
Jim Howard - Secretary

ENON VILLAGE

Come enjoy complementary strawberry shortcake from Care-One
When: Wednesday - June 15, 2016
Time: 1:00—2:00pm
Where: Comm. Hall at Enon Village
All Welcome

Adaptive Equipment

Need a wheelchair, rollator, walker, cane, commode or bed rail? We have equipment to lend!

Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers

Join AARP in urging Congress to act on the bill to help the nation's 40 million caregivers

In 2013, roughly 40 million family caregivers in the United States provided unpaid care valued at about \$470 billion to adults who needed help with daily activities such as bathing, dressing, meal preparation, managing medications and transportation. Bipartisan legislation, endorsed by AARP, has been introduced in Congress to support family caregivers. The bill — called the [Recognize, Assist, Include, Support and Engage \(RAISE\) Family Caregivers Act](#) (S 1719/HR 3099) — requires the development of a strategy that would identify specific actions that government, communities, providers, employers and others can take to recognize and support family caregivers. That will help people live at home, where numerous surveys show they want to be, preventing more costly care and saving taxpayer dollars.

AARP urges members to call their representatives at 844-453-9952 and their senators at 844-449-9466 (both toll-free) and urge them to cosponsor the bipartisan RAISE Family Caregivers Act in Congress to [support family caregivers](#).

—AARP.org