



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

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

THE WENHAMITE

MARCH 2016

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

Volume 3, Issue 3

AMP

AGING | MASTERY | PROGRAM™

After months of preparation and planning, the Wenham COA is excited to launch the Aging Mastery Program at the end of this month. The program meets on Wednesdays for a total of ten weeks and we will start Wednesday, March 30th from 12 pm - 2pm and run Weds through June 1st. To accommodate the group's size, the meetings will take place at the Hamilton-Wenham Library where there is ample parking. Thanks for the enthusiasm of everyone who has signed up for the AMP. Please call today (978) 468-5529, if you are interested because we want to work with as many people as possible! Class size will be limited to 30.

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

Charles Dickens

I was struck this week by two headlines in the Globe, one that read "As boomers retire, growth may slow" which talks, not about the slowing Chinese economy, oil prices, or unstable financial markets, but the gray haired guy next to you who'll be retiring soon. Globe staff writer Fernandes says, that about 79M boomers, one quarter of the total, have passed age 65.

The second article was about Freshman at University of Vermont's 1st year project called the *Wellness Environment*, an expanding dormitory program. It's a pioneering approach, that includes a mandatory neuroscience class, meditation, nutritional coaches, and personal trainers to steer students toward a lifetime of healthy choices.

Launching a program like AMP will be very interesting to watch, and see how this results driven program effects the lives of those willing to try it. We look forward to getting started 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**



- **Van goes to Hamilton, Wenham, Manchester, Essex, Ipswich, Danvers, Topsfield, Beverly, and Peabody**
- \$5.00 donation per ride appreciated**

Outreach Service Programs

AARP TAX PREP - H-W Library now until April 15 on Weds and Friday mornings. Call for an appointment 468-5577. AARP volunteers have agreed to Q&A appointments for people who are preparing their own taxes but just need a little clarification. These appointments will start at 12:00 noon on the same days. Important note: **The library will have very few IRS tax forms.** Their policy is that they can print (to order, upon request) any forms and schedules for free but we cannot print out instruction booklets. If you need multiple copies of forms the library will charge for those. There is an online order form and the IRS mail your tax products to your home, see "Forms and Publications by US Mail". (<https://www.irs.gov/uac/Forms-and-Publications-by-U.S.-Mail>)

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program. Apply online: <https://www.socialsecurity.gov/medicare/prescriptionhelp/>

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center. SS contact:(800) 772-1213.

Extra Help	Monthly Limit	Income	Asset Limit
Individual	\$1,491/month		\$13,640
Couple	\$2,011		\$27,250

******IMPORTANT TAX RELIEF DEADLINE APPROACHING!******

**Contact the Board of Assessors in Wenham at
978-468-5520, Ext. 5**

You may be eligible for exemptions if:

- ♦ You are age 65+ and own your home or;
- ♦ You are legally blind or;
- ♦ You are a paraplegic
- ♦ Call the number above to see if you meet the eligibility requirements.

**MARCH 31st
DEADLINE!**

CORE CURRICULUM MODULES - AMP

1. Navigation Longer Lives: The Basics of Aging Mastery - Introduction to the program and it's philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life.
2. Exercise That's Right for You: Discussion of the importance of aerobics, strenghtening , flexibility and balance as they relate to aging with a focus on strategies for incorporating physical activity into daily routines.
3. Sleep: Overview of how sleep patterns changes as we age, the imp[ortance of monitoring the sleep cycle , and simple strategies to improve sleep.
4. Healthy Eating, (meal prep.) and Hydration: Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy
5. Medication Management: Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
6. Financial Fitness: Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and family.
7. Advance Planning: Guidance around steps needed to manage health care, financial, and housing & care decisions with a focus on considering the role of personal values and beliefs in these decisions.
8. Healthy Relationships: Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.
9. A Matter of Balance, Fall Prevention: Overview of the importance of falls prevention strategiesamong older adults, and strategies to prevent falling.
10. Community Engagement: Introduction to the value of continuing contribution for individuals and for society with a focus on identifying personal aptitudes meaningful volunteer and civic opportunities.

What Can Boomers Do With 1 Billion Healthy Years?

Forbes, Next Avenue (*Exerpts*) from January 27, 2016 article

By [Jim Firman](#)

Boomers have earned the right to spend more time with their grandchildren, play golf, travel and do whatever else gives them pleasure. However, our country also needs them to be as healthy and productive as possible. Today, not all boomers are taking the simple steps they could to improve their own lives and those of others.

Fewer than one in five people over 65 are employed or looking for work, according to the U.S. Bureau of Labor Statistics. The average retiree aged 65 to 74 spends eight hours a day in leisure — including four-and-a-half hours watching television. Other surveys show that, on average, people over 65 spend less than five minutes per day in volunteer activities.

I remember well the idealism of our youth. We passionately wanted to make the world better. But back then, we had very little ability to effect change. Then life happened and most of us got sidetracked with work, family and other obligations that kept us busy until retirement age. Now 40 years later, we're entering the third stage of our lives — and we actually *do* have the time, skills, knowledge, influence and connections to improve the world.

Imagine: If every boomer devoted just one hour each day to engaging in healthy behaviors, we could stay independent longer and reduce our nation's staggering health care costs.

And if every boomer dedicated just one hour each day to making the world a better place, we would have more than *365 billion hours* of extra people power for reading to children, supporting frail older adults or their caregivers, improving neighborhoods, preserving the environment or helping people in need across the world.

By dedicating time to their own health and security, boomers will stay active and independent longer. And by helping others, boomers will enrich their lives immeasurably.

Boomers: Let's not squander our gift of longevity! Let's learn how to master aging by rekindling the idealism of our youth and becoming the force for good that our country needs.



THE WENHAMITE MARCH 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
RSVP for events marked with “ * ” 468-5534	1 *Movie 1:30pm <i>Black Mass</i>	2 Bridge - HWL - 10am Library Book Club HWL - 7pm - 8pm	3 *Market Basket *Blood Press Chk W <u>call: 9:30 - 10:15am</u> *Balance+ W Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	4 Academy Awards Discussion HWL 10:30 am Bridge - HWL 1pm - 4:30pm. Documentary Film: <i>Cumberland Island</i> W 2 - 4pm
7 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	8 Senator Tarr Rep. W 10:30 - 11:30 am COA Board Mtg W - 2pm	9 Bridge - HWL - 10am iPad Training update and Luncheon - W 12pm	10 *Market Basket *Balance+ W Regina 10:30am - 11:30am *RIFF Book Grp - W 2 - 4PM* <i>A Room of One's Own</i>	11 * LUNCH RUN <i>Danvers quisine</i> 11:15am - 1pm. Bridge - HWL 1pm - 4:30pm.
14 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	15 Literary Luncheon— HWL 11:30-12:30 *Maple Street Bistro ENON - p/u 10:30am <u>Culinary student luncheon</u> Boat Safety - HWL 6-8pm	16 Bridge - HWL - 10am *Low Vision Group H - 12pm *Dog Walk - Off the Leash W 2pm	17  *Market Basket *Blood Press Chk W <u>call: 9:30 - 10:15am</u> *Balance+ W Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	18 Bridge - HWL 1pm - 4:30pm. <div style="border: 1px solid black; padding: 5px; text-align: center;"> SAT, MARCH 19 Library Book Sale HWL 9am - <u>3pm</u> </div>
21 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	22 *WENHAM POLICE SCAM REVIEW Current phone and mail 10AM *Movie 1:30pm <i>Steve Jobs</i>	23 Bridge - HWL 10am *TRIAD - W 10am *Paint Times Aleah W 2pm - 4pm	24 *Market Basket *Balance+ W Regina 10:30- 11:30am *Scrapbooking (Organize your collection.) W 1PM	25 * LUNCH RUN <i>Danvers quisine</i> 11:15am - 1pm. Bridge - HWL 1pm - 4:30pm.
28 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	29 *Audiology Clinic W - 10am *Poetry and Play Reading Group W 2pm	30 *Podiatrist H 9am *Aging Mastery HWL 11:30-1:00 *Open Studio W 2pm - 4pm	31 Tax Relief deadline Wenham Town Hall *Market Basket *Blood Press Chk W <u>call: 9:30 - 10:15am</u> *Balance+ W Regina 10:30 - 11:30am	

Health & Wellness

WEEK 1:

AMP

Navigating Longer Lives:

The Basics of Aging Mastery

AGING | MASTERY | PROGRAM™

Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life.

Starts March 30th, Wednesday 12 - 2:00 p.m.

Hamilton-Wenham Library Meeting Room

******Pre-registration Required.******

Podiatrist

Wednesday, March 30th 2016

Dr. Gregory Van Ess at the Hamilton COA.

Please call 978-468-5534 to schedule your time, appointment required and make your appointment right away.

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



YOGA WITH LISA

MONDAYS 1:00-2:00

\$5.00 donation appreciated

STRENGTH BALANCE FLEXIBILITY

MEDITATION OF MIND, BODY, & SPIRIT



BALanCE+ WITH REGINA

THURSDAYS 10:30-11:30

IMPROVE BALANCE ~ ENDURANCE ~

STRETCHING ~ STRENGTH

\$5.00 donation appreciated



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 -Tuesday - **March 15th 11:30 The End of Your Life Book Club** by Will Schwalbe
A mother undergoing chemo bonds with her son over books they decide to read to help pass the time in the waiting room.

Friday, March 4, 10:30am: The Academy Awards: The Good, Bad & Outrageous! This program covers the origins of the award, memorable Oscar moments over the decades, trivia questions on Oscar history and the particular year's nominees, and a closing montage of the Best Picture winners since the first year. This program will run long, but we'll have an 'Intermission' for folks who need to stretch.

Tuesdays March 15 - May 10, 6:00-8:00pm: Boating Safety 8-Week Course. Plan to attend all classes, \$60 materials fee. Please register with Mr. Mason: 468-4824.

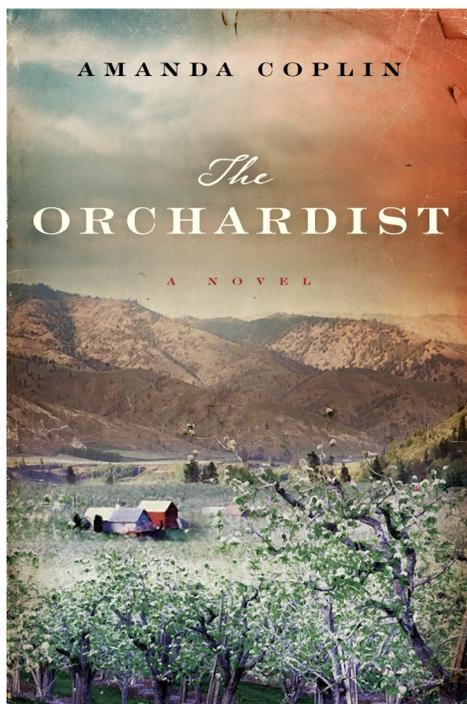
H-W ANNUAL BOOKSALE!!

Friday, March 18, 6:00-8:00pm: *PREVIEW NIGHT*

Saturday, March 19, 9:00am - 3:00pm.

Thursday, March 31, 7:00-9:00pm: The North Shore Amateur Astronomy Club will host a STAR PARTY! Hear a short astronomy presentation followed by observation of the night sky through club telescopes on the field behind the library. The evening will also feature the library's new lending telescope, now open for reservations. This program is for all ages.

The End
of Your
Life
Book Club
.....
Will
Schwalbe



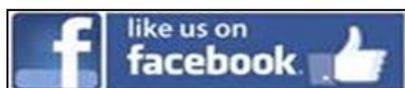
Wednesday Night Book Club Led by Dede McManus.
New faces always welcome! This month:

The Orchardist by Amanda Coplin

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

Historical fiction, 2013. "In her stunningly original and haunting debut novel, Amanda Coplin evokes a powerful sense of place, mixing tenderness and violence as she spins an engrossing tale of a solitary orchardist who provides shelter to two runaway teenage girls in the untamed American West, and the dramatic consequences of his actions." - Amazon.

Available in hardcover, large print, CD, MP3CD, & Playaway.



ADVENTURE TRAVELS - DAY TRIPS - ENTERTAINMENT

ESSEX TECH CULINARY SCHOOL Tuesday, March 15 ~ \$8pp. Essex Technical School Culinary students will host a delicious luncheon. Transportation is provided to and from Enon Village with scheduled pick up at the Enon Community Center at 10:30am. **RSVP by March 9th by calling 5534.**

MOULIN ROUGE Wednesday, April 20 ~ \$89pp L'Opera Burlesque is a titillating journey where the glamour of Old Hollywood meets the excitement of the Ziegfeld Follies and Minsky's Burlesque. The girls are a new generation of PG-rated starlets who sing, dance, flirt and tease their way onto the stage & into your hearts. This show is held at Lantana's and includes a delicious meal of chicken parmesan or a vegetarian meal.

ELTON JOHN & BILLY JOEL TRIBUTE SHOW Tuesday, May 17 ~ \$65pp Each artist performs a solo set with a 5-6 piece band, and then culminates the show with a Face to Face set which features both of them playing together on 2 pianos trading off lyrics on each song they perform. This show is held at Danversport Yacht Club and includes a delicious meal of chicken or scrod. Transportation on the COA van is available for 14 people at \$2/pp. You may also drive your own car if the van is full.

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.

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.

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.

FOXWOODS Wednesday, November 16 ~ \$29pp Trip includes casino bonus, buffet or \$10 food voucher and \$10.00 casino slot play.

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 Spoleitini and virtuoso 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.

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

Gratitude is not only the greatest of virtues, but the parent of all others.

Cicero (106-43 BCE)

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

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

PAINT TIMES WITH ALEAH

Wednesday, Mar 23, 2015 ~ 2 - 4 pm

Our **Paint Time** involves acrylic paint, layering which takes some time to dry. During that time we eat and drink. Aleah's March work is featured on your right and she will help you understand the flow of the work!
If you care to join us please call and we'll fit you in!



a ROOM
of one's own



virginia woolf

RIFF BOOK CLUB - In 1928 Virginia Wolf was asked to speak on the topic "women and fiction." The research for this resulted in her classic book "A Room of One's Own." On March 10 RIFF (Reading is For Fun) will discuss this book. Please join us for some coffee, tea and a friendly atmosphere where we can chat about this book. Questions call Penny Wingate **978 468 3920**.



Tai Chi for Good Health

A Film by William VanDerKloot

DOCUMENTARY FILM SCREENING:
CUMBERLAND - ISLAND IN TIME @
THE WENHAM COA. **FRIDAY, MAR 4TH**
FROM 2 -4 PM. COME MEET SOME
FAMILY AND EXPLORE THIS
REMARKABLE AND HISTORICAL
TREASURE ISLAND OFF THE COAST
OF GEORGIA.

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