



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

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

THE WENHAMITE

MAY 2016

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

BLAZE A TRAIL: MAY 2016



Volume 3, Issue 5

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

While the Wenham Council On Aging provides services to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. During the month of May, the WCOA will collect personal Trailblazer Stories from Wenham senior residents. Personal stories are a wonderful way to share accomplishments while inspiring others to take action. Share how you are blazing a trail! This could be anything from giving back to the community, starting new careers or hobbies, redefining aging, or anything else that says "trailblazer." We encourage you to get involved! **Submit your story** to the WCOA (limit 500 words). Email to twmassimi@wenhamma.gov, or mail to 10 School St., Wenham, MA 01984. anytime during the month of May. With your permission, stories may be posted on social media and/or our monthly newsletter, *The Wenhamite*. We know there are some great stories out there just waiting to be told. Your story could be the inspiration someone else is looking for!

—adapted in part from acl.gov

Discover OAM: Visit <http://acl.gov/olderamericansmonth>

Learn more: Contact Traci Massimi at WCOA 978-468-5534

The Aging Mastery Program or AMP, an NCOA grant, has been enlightening for all these last four weeks. The 1st week was called *Navigating our Longer Lives* which touches on a mindset that reminds us to embrace the gift of longevity and start early with some simple changes intended to make the road of life a little smoother. The first class was an overview but we did focus on one project exercise following our class which required us to think of three things we are grateful for, every day of the week and to fill it into a what's called a "Wheel of Gratitude". I did it and still look at it occasionally when things aren't going so well.

"In 1950, the average American who was 65 could expect to live 14 years (now 19 years) in retirement with 50% (now 66%) of that time in good health. As a result, we can expect to have the greatest amount of free time in history."

So the sooner we smooth things out by adopting healthy habits like meditation and other kinds of balanced exercise, the better. This week we discussed two techniques to help achieve better sleep. Next week we will discuss nutrition which we all know is important but...whatever I hate kale!

Our theme for this month, if you choose to read this newsletter or can read this part, is getting help with our raised gardens (call us), and adding to our Bocce talent pool! We are encouraged to have two women sign up this week. Many thanks to *all* 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
- \$5.00 donation appreciated



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

Outreach Service Programs

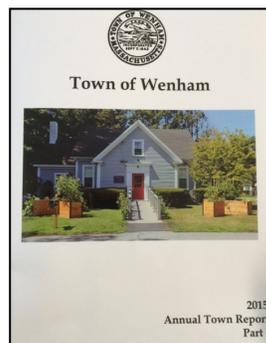
Charlie Card - No trip to Boston required. Call the Ipswich Senior Center for a (65+) pass which can be used on all MBTA transportation services. Ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications after which they will schedule 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.

Benefits Check-up - Every Friday, 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>)

green thumbs and people interested in e-z gardening!

Imagine no grocery store and having to survive on food from container gardens. We will have **6** organic container gardens going this year. Two are 2'x8' and four 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 supply everything, but would love some help planting 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 **help 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, succini, kale, beans, herbs, and peppers. We would like to try some new things this summer!



MAY 4: Healthcare Directives & 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.

MAY 11: 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.

MAY 18: 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.

MAY 25: A Matter of Balance, Fall Prevention: Overview of the importance of falls prevention strategies among older adults, and strategies to prevent falling.

******FOR REGISTERED AMP PARTICIPANTS ONLY******

HEALTHCARE DIRECTIVES & PLANNING: May 4

Alyson Preston, RN and Healthcare Advocate

Fulfilling a long-time dream, Alyson left a 15-year editorial career to go back to nursing school in her 40s. In her second career, she is dedicated to providing the home nursing care that makes it possible for seniors to remain in their homes. Addressing the subject of **Advance HC Directives** -- documents that specify your wishes should you be unable to articulate them -- Alyson hopes to help people get the conversation going about how to plan for an uncertain future.



FINANCIAL FITNESS: May 11

Sarah Wetzel

Sarah Wetzel is the **Money Management** Program Manager at SeniorCare, Inc. The program works to support elders with dignity preserving independence their place in the community due to the caring work of volunteers who come forward to provide help with routine daily finances. Sarah's work experience includes managing billing services, working in social service settings, using multiple software programs, teaching, program administration and volunteer work.

The **Money Management Program** offers workshops that help improve financial literacy for all income levels; addresses budgeting, saving plans, and other resources available, as well as increasing awareness of and protection against scams and frauds.



HEALTHY RELATIONSHIPS: May 18

James Purdy, MSSW

Education/ training: MSW from UConn School of Social Work; LICSW; ACSW; Kennedy School of Government, Graduate Certificate in Administration

Healthy relationships help to maintain both your physical and mental health. Engaging in and maintaining relationships with friends, families and former co-workers keeps you involved in the connections of life that help decrease isolation and disengagement from the world around you.

Experience: Clinical Social Worker CSW; Sr Administrator of Outpatient and Inpatient Mental Health Programs at Beverly Hospital; Past Vice President - Behavioral Health Services, Northeast Hospitals; Director, Behavioral Health Services, Steward - Holy Family Hospitals. *Retired*



A MATTER OF BALANCE: May 25

Virginia Graves, RN; CMS, Cert. Hospice and Palliative Care Nurse.

Virginia is a Registered Nurse and Nurse Practitioner, living and working on the North Shore most of her career. Her focus is education with an emphasis on health promotion/lifestyle change for patients. She currently works at CareOne at Essex Park as the Facility Educator/Employee Health Coordinator.

Her secondary focus has been Women's Health. She applies interventions in a manner that specifically meets patient needs toward optimum health. For example, dealing with anxiety, why loneliness is such key issue for aging women- always adding- "What you can do...") For fun, she enjoys exploring her family's ancestry- and recently discovered a very strong branch from Wenham!



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

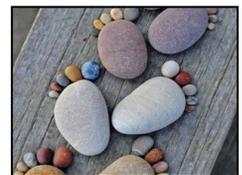
small donation appreciated



PODIATRIST

Wednesday, May 25, 2016

Dr. Gregory Van Ess - Hamilton COA.



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

Don't let the rain (or pollen) keep you from exercising! Two great options for cardio workouts right here in Wenham at Gordon College's Bennett Center on Grapevine Road. Register at HW Rec. Dept. 978-468-2178

Walking Pass

Enjoy the Bennett Center walking track for free. Come take advantage of this great opportunity for indoor walking space. Please register at the HW Recreation Department to receive your FREE pass. Location: Gordon College Bennett Center Day(s)

Times Mon, Wed, Fri 9:30 - 11:30 am FREE*
*You must have a pass to participate.

Lap Swimming Pass

Open lap swimming. You must register with the HW Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times found www.gordon.edu/bennett/schedule. (Bennett Center 978-867-3737)

Locker rooms and showers facilities are available.
Resident Price: \$65 (20 visit pass) Non - Resident Price: \$80 (20 visit pass)

THE WENHAMITE MAY 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

***RSVP**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 -2 pm Bridge - W 6:30pm	3 *Bocce and Bagels W - 9:30am House of Cards W 12:00pm Garden - place planters & soil prep W 1-2pm	4 Bridge - HWL - 10am Aging Mastery HWL 12:00-2:00 Library Book Club 7pm <i>The Shadow of the Wind</i>	5 *Market Basket Cribbage HWL 10 Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	6 *The Tin Ticket HWL 10:30am <i>Author/Historian/ Vocal Tribute</i> *Bocce and lunch W - 12 Bingo at Enon 2:00-4:00
9 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 -2 pm Bridge - W 6:30pm	10 *Bocce and Bagels W - 9:30am House of Cards W 12:00pm Garden planting & maintenance W 1-2pm	11 Bridge - HWL - 10am Aging Mastery HWL 12:00-2:00	12 *Market Basket Cribbage HWL 10 Balance+ W/Regina 10:30am - 11:30am *RIFF Book Grp - W 2 - 4PM*	13 COA Board Mtg W - 2pm Bridge - HWL 1pm - 4:30pm Bingo at Enon 2:00-4:00
16 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 -2 pm Bridge - W 6:30pm	17 Literary Luncheon— HWL 11:30-12:30 <i>To Kill a Mockingbird</i> Senator Tarr Rep. W 10:30 - 11:30 am Garden planting & maintenance W 1-2pm	18 Bridge - HWL - 10am Aging Mastery HWL 12:00-2:00	19 *Market Basket Cribbage HWL 10 *Blood Press Chk W <u>call:</u> 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	20 *Bocce and lunch W - 12 Bridge - HWL 1pm - 4:30pm Bingo at Enon 2:00-4:00
23 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 -2 pm Bridge - W 6:30pm	24 *Bocce and Bagels W - 9:30am House of Cards W 12:00pm Garden planting & maintenance W 1-2pm	25 *Podiatrist W 9am In Hamilton Aging Mastery HWL 12:00-2:00 *PaintNite by day w/ <i>Aleah 2-4</i>	26 *Market Basket Cribbage HWL 10 Balance+ W/Regina 10:30am - 11:30am	27 *Bocce and lunch W - 12 Bridge - HWL 1pm - 4:30pm Bingo at Enon 2:00-4:00
30 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 -2 pm Bridge - W 6:30pm	31 Memorial Day Holiday Garden maintenance W 10am - 11am			

Library and other News

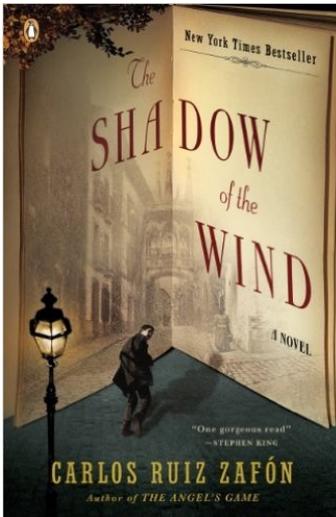
Bridge Group - Mondays & Wednesdays from 10am -12pm and Fridays 1pm - 4:30pm.

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 - May 17, 11:30 AM **To Kill A Mockingbird** by Harper Lee.

Wednesday Night Book Club Led by Dede McManus. New faces always welcome! This month: The Shadow of the Wind, by Carlos Ruiz Zafon. Weds., May 4th, 7PM

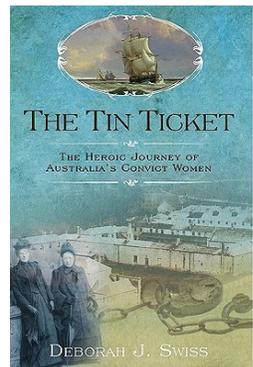


Historical fiction/Mystery, 2001. Barcelona, 1945: In the aftermath of the Spanish Civil War, Daniel, an antiquarian book dealer's son mourning the loss of his mother, finds solace in a mysterious book entitled The Shadow of the Wind, by Julian Carax. But when he sets out to find the author's other works, he makes a shocking discovery: someone has been systematically destroying every copy of every book Carax has written. In fact, Daniel may have the last of Carax's books in existence. Soon Daniel's seemingly innocent quest opens a door into one of Barcelona's darkest secrets. An epic story of murder, madness, and doomed love.
- Amazon, edited.

Friday May 6 at 10:30 am ~ Author/historian ~

The Tin Ticket takes readers to the dawn of the nineteenth century and into the lives of three women arrested and sent into suffering and slavery in Australia and Tasmania-where they overcame their fates unlike any women in the world. It also tells the tale of Elizabeth Gurney Fry, a Quaker reformer who touched all their lives. Ultimately, this is a story of women who, by sheer force of will, became the heart and soul of a new nation.

—Amazon.



Bocce and Bagels!!!!

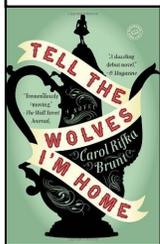
Tuesday May 3, 6, 10, 20, 24, 27 ~ 9:30 at the WCOA ~

Bocce is back for the season and we are always looking for new members! SEE CALENDAR!

No experience necessary, a little competition, a lot of fun!

(978) 468-5534 for more info

Welcoming Group Activities



Reading Group - RIFF - READING IS FOR FUN. Thursday, May 12th 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 *Tell the Wolves I'm Home* and come join us. In this striking literary debut, Carol Rifka Brunt unfolds a moving story of love, grief, and renewal as two lonely people become the unlikeliest of friends and find that sometimes you don't know you've lost someone until you've found them.

KUE (Knitters United Etc.) on the Thursdays, May 5th & 19th 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

CARIBBEAN DANCE PARTY Thursday, May 19th ~ \$35pp hosted by Seniorcare, Inc at The Elks at Bass Rocks, 101 Atlantic Rd., Gloucester starting at 5:30pm. Carib Style dinner and music till 9:30pm.

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 Spoleitini 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.

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

In May 1963, there were 17 million Americans age 65 & older. As of 2014, there were 44.7 million or 14.5% of the US population moving toward every 1 in 5 in the next 25 years —acl.gov

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

**THE WAY TO START A WALKING GROUP! JUST START WALKING!
CALL TRACY 4MORE INFO.**



Adaptive Equipment

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

Seniors Helping Seniors



When: Friday - May 27, 2016

Time: 8:30 am - 12:30 pm

Once again, Seniors from the Hamilton-Wenham Regional High School, Class of 2016 are giving back to the community. On Friday, May 27th from 8:30-12:30, groups of students will be working at the homes of senior citizens in the towns of Hamilton and Wenham.

Light chores could include raking, spreading mulch, cleaning patio furniture, washing ground floor windows, etc.

If you would like to place a work order, call Ms. Lisa Heitz

by Wednesday May 13, 2016

978-468-0496