



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

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

# THE WENHAMITE

## NOVEMBER 2016

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

Volume 3, Issue 10

We are enjoying *The World's Greatest Geological Wonders* with 1/2 hour lectures on **Tues** at **11 am** from The Great Courses catalogue. We will do follow on studies of *Museum Masterpieces: The Louvre*. We have a brief conversation after each and go on our way. Thus far we have viewed and discussed 1.) *Santorini - Impact of Volcanic Eruptions*, 2.) *Mt Fuji - Sleeping Power*, and 3.) *Galapagos Rift - Wonders of Mid - Ocean Ridges*. We can loan the DVD to anyone who wants to catch up and join us weekly for this engaging discussion.

**Caregiver Alert:** The Wenham Council on Aging and the Hamilton - Wenham Library, and two professionals from Benchmark Senior Living will introduce a **3-part series** on *Alzheimer's Disease and Related Dementias* **ARRD** which will be a comprehensive, practical approach to the myriad of challenges brought on by the disease. We will start this series the 1st Thursday in December from 12 - 2pm at the H-W Library and ask that you RSVP by calling (978) 468-5529. *Lunch will be provided.*

- Dec 1st - Early signs, symptoms and strategies. Determining next steps.
- Jan 5th - Understanding the full range of dementia care resources.
- Feb 5th- Creative engagement and other diversions and tools for comfort

**Medicare Open Enrollment** If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. \*It is important to **read** this information because it explains the changes in your plan for 2016. During the annual Medicare Open Enrollment, **Oct 15 - Dec 7**, you will have a chance to **CHANGE** your plan for next year. We can help make sense of the information on Mondays between 9 - 12pm. A trained SHINE (*Serving the Health Insurance Needs of Everyone*) counselor can help you understand your plan changes as well as what other options are available to you.

**In Memorium** - We lost four important members of the Wenham community in the last few weeks which I would feel remiss not mentioning. We wish to send our heartfelt condolences to all the family members of **Ruth S. West, Louise P. Wilson, Eleanor M. Clark, and Richard D. Phippen**. Their contributions to this town each in their own right is truly remarkable. Their obituaries are at <http://obituaries.salemnews.com/>. We thank them all for their support of the Council on Aging over the years, and we are all blessed to have known them, and may they all rest in peace.

"Not everything that can be counted counts, and not everything that counts can be counted." *Al Einstein*

- We managed to win our 1st Bocce Jamboree as host to Swampscott, Danvers, and Marblehead. On that note, we will end the season this month!

- Trail walking started in Sept. has also come to a close, but not before our new group logged a total of 12 miles at Chebacco Woods, Appleton Farms and Willowdale Mill.

- Our holiday season is right around the corner. We will start looking for fun raffle items for our annual Hart House lunch. Volunteers willing to ask for local donations should call us.

- Our *Citizen Leadership Academy* which educates residents about how Town services work came to the COA this week, and we thank all the people who have chosen to take time to learn the triumphs and challenges we face.

- Many thanks for your generous contributions to the FWCOA this year and Happy Thanksgiving! 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 local markets**
- **Mystery Rides**
- **Van is wheelchair accessible**
- **Donations appreciated**

**WE HAVE THE NICEST DRIVERS  
ON THE NORTH SHORE!**



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

**WEEKLY TRIPS: Monday - Shaws Thursday - Market Basket Friday - (alt.) Trader Joes & Walmart**

## Fuel Assistance/Cold Relief - Time to start planning!

**Fuel Assistance (LIHEAP):** LIHEAP-Fuel Assistance provides eligible households with help in paying winter heating bills. The program pays benefits of fixed amounts based on household income and size. An additional benefit may be available to eligible households with a high energy burden. Household eligibility based on annualized income and the number of members in the household. The agency then will make payments towards the heating bills to the primary heat source vendor (oil, propane, wood or coal dealer or gas or electric utility). Special provisions are made for those households whose heat is included in their rent and those living in subsidized housing. Households with incomes up to 60% of estimated State Median Income are eligible for the Fuel Assistance Program. Homeowners and renters are both eligible. More information can be found on the LIHEAP-Fuel Assistance webpage: [LIHEAP; Fuel Assistance](#). In Wenham, contact Wenham Housing Authority, 978-468-1532.

**Weatherization Assistance Program (WAP):** WAP is designed to assist low-income households to reduce their heating bills by providing home energy efficiency services. The program is operational year round. After a household is determined eligible and selected from a prioritized waiting list, the local agency schedules an energy inspection of the home. A Mass. Weatherization Certified Energy Auditor completes an inspection of the home's energy and health and safety concerns and completes a Work Order/Job Write-Up. Local certified and insured weatherization contractors are hired to complete the work at no cost to the occupants. Typical work includes air sealing, attic and/or sidewall insulation, weather stripping, and minor repairs associated with the weatherization work. Heating system work, if needed, is usually done through HEARTWAP, a separate program administered by DHCD. All work receives a thorough Quality Control inspection by the agency's Energy Auditor. To the greatest extent possible, work is coordinated with any utility-funded Energy Efficiency programs that may be available in the area. Households with incomes up to 60% of the estimated state median income are eligible for the Weatherization Assistance Program. Program eligibility is based on household eligibility for the LIHEAP Program. In addition, those households with a member receiving TANF or SSI are categorically eligible. Due to limited funding, priority points are awarded to households with members who are elderly, disabled, children under 7, Native Americans, and households with exceptionally high energy bills. Tenants (with landlord approval) as well as homeowners are eligible for weatherization. Weatherization services vary depending on the specific needs of the home and DOE approved conservation measures. No client contribution is required. More information can be found on the WAP webpage: [Weatherization](#)

**Heating System Repair and Replacement Program (HEARTWAP):** HEARTWAP is designed to provide heating system repair and replacement services to low-income households. The program is operational year round. During the winter months, the program serves primarily as an emergency intervention service to provide assistance to low-income clients having problems with the operation of their primary heating system. Eligible LIHEAP households call the local administering agencies and notify HEARTWAP staff when they are having a problem. Heating companies, under contract with the local agency, provide services necessary to keep the heating system operating efficiently and safely. Provisions are in place for LIHEAP clients to contact their dealer directly if the emergency occurs during the evening or on weekends. Households with incomes up to 60% of the of estimated State Median Income are eligible for the HEARTWAP. Program eligibility is based on household eligibility for the current year's LIHEAP Program. Tenants are eligible for some services, but are required to first contact their landlord who is legally responsible for the maintenance of the heating system. HEARTWAP services vary dependent on the specific needs of the home. Replacements are done for unsafe, inoperable, and irreparable heating systems. More information can be found on the HEARTWAP webpage: [HEARTWAP; Heating System Repair and Replacement Program](#).

# ASSISTED LIVING REPORT SHEDS LIGHT ON "LONGEVITY ECONOMY"

By Colin A. Young, State House News Service

**STATE HOUSE, BOSTON, SEPT. 13, 2016...**The assisted living industry had a roughly \$5 billion impact on the Massachusetts economy in 2015, and that number could swell as the large Baby Boomer population seeks alternatives to nursing home care, an industry report released Tuesday found.

[A report](#) commissioned by the Massachusetts Assisted Living Association (Mass-ALA) found that the state's roughly 240 licensed assisted living facilities spent \$2.7 billion in 2015 on things like construction and operations, and accounted for another \$2.26 billion in indirect economic contributions, for a total \$4.96 billion impact on the state economy.

Assisted living facilities also contributed more than \$218 million in state and local taxes last year and another \$492 million in federal taxes, the report concluded.

By 2025, people older than 65 are expected to make up 18 percent of the state's population and the number of residents older than 85 is expected to more than double by 2030, according to Mass-ALA, formerly Mass-ALFA. Already there are about 15,000 people living in assisted living facilities in Massachusetts, and the industry is expected to boom as that number rises.

"Our belief is that it is going to continue to grow over the next 20 years at least as the Baby Boomers who are now turning 65 get into the age of the 80s or so when they are more likely to pursue assisted living," said Mass-ALA President Richard Moore, the former state senator from Uxbridge. According to Mass-ALA, the average cost of a one-bedroom assisted living apartment in Massachusetts is \$5,300 per month -- or \$63,600 per year. The organization said a private room in a nursing home costs an average of \$126,290 per year, very often paid by Medicaid. About 90 percent of assisted living residents pay for their care with private funds, Mass-ALA said.

Moore has previously warned his former legislative colleagues of a "rising tidal wave of seniors" who will need housing, medical care and support. Assisted living facilities, he said, can help ensure that the state's seniors can afford the care they need and have an option other than a nursing home. Each year, four to six new assisted living facilities open in Massachusetts, with an average residential occupancy of 85, Moore said.

Elder Affairs Secretary Alice Bonner said Mass-ALA's report shows that the assisted living industry is part of the expanding "longevity economy," which orbits around the needs of the elderly and the companies that provide services for older adults.

"The longevity economy means that our entire economy is shifting and more goods and services and jobs and economic impact are going to come from aging services, aging industries," Bonner said. Bonner said assisted living communities are an important part of "aging in place," a philosophy that says older adults should be able to receive the care they need without being forced out of their home or community.

Because the cost can sometimes be prohibitive, Bonner and Moore both said they plan to use the data gleaned in the report to identify ways to make assisted living more affordable.

While Moore scans the horizon for the oncoming tidal wave of seniors interested in assisted living, he said Tuesday that he sees a potential problem approaching the industry.

The assisted living industry in 2015 directly supported 22,130 jobs and indirectly supported an additional 15,020 jobs, Mass-ALA's report found. But Moore said the assisted living workforce will have to grow apace with the assisted living population in order to maintain the quality of care, and there just are not enough young people interested in working in the field.

"We think that if we introduce enough young people to the concept, some of them at least will see this as a pretty good job," Moore said, adding that workforce development is a priority for Mass-ALA.



## COMPARING ASSISTED LIVING VS. AGING IN PLACE



There are varied reasons why a person may or may not choose to age in place. When there's a lack of a support network, such as when family live out of area, or when a person simply doesn't want the responsibilities that come with living independently, assisted living (AL) can be a wonderful, albeit more costly, solution. Other people prefer to remain in their homes, and why not? Often times the house is paid for, it's filled with wonderful memories—it's *home*. So how much does it cost to age in place versus moving to an AL facility? Other than cost, what are other important variables?

Assisted Living	Aging in Place
According to Mass-ALA, the average cost of a one-bedroom assisted living apartment in Massachusetts is \$5,300 per month -- or \$63,600 per year.	Basic structural/design modifications to one-story home average \$9,000-\$12,000. Home services will cost approximately \$25 - \$35/hr. depending on the level of care required.

Currently there are about 15,000 Massachusetts residing in AL facilities. Even though four to six new facilities with an average of 85 beds open here each year, it may not be enough to keep up with the "silver tsunami." This refers to the 10,000 people turning 65 everyday, who will ultimately have to decide whether to age in place or find an alternative. There's no magic formula and there are benefits and drawbacks to both, but having a straightforward comparison (below) can be a good starting point.

### Assisted Living

PROS	CONS
<ul style="list-style-type: none"> <li>-Safe environment with personal freedom</li> <li>-Supervision without constant monitoring</li> <li>-Easy access to activities/social events</li> </ul>	<ul style="list-style-type: none"> <li>-No federal regulations in place</li> <li>-May be understaffed</li> <li>-Assets needed to cover high cost</li> </ul>

If you prefer a social environment where meals, housekeeping, activities and transportation are available as well as support with daily activities/medications, then assisted living is a good choice if the cost isn't prohibitive.

### Aging in Place

PROS	CONS
<ul style="list-style-type: none"> <li>-Autonomy and freedom</li> <li>-Familiar environment, no major changes</li> <li>-Even with home modifications, it's less expensive than assisted living</li> </ul>	<ul style="list-style-type: none"> <li>-Costs to make home "senior safe" (stair ramps, shower bars, medical alert system, etc.)</li> <li>-Costs of caregiver/home help at some point.</li> <li>-No supervision</li> </ul>

If your preference is to continue to enjoy the comforts of your own home and you're willing to invest in technology and modifications to help age in place, this is a reasonable choice, particularly if you have a solid support system. It also has the benefit of being the least expensive option for people.

# Library and other News

WCOA presents: **Alzheimer's Disease and Related Dementias (ADRD)**  
*Navigating Unchartered Waters*

**A 3-part series, come to any/all, please rsvp 978-468-5534**

**1st Thursdays - 12:00-2:00 HW Library Meeting Room with lunch**

- Dec 1st - Early signs, symptoms and strategies. Determining next steps.
- Jan 5th - Understanding the full range of dementia care resources.
- Feb 5th - Creative engagement and other diversions and tools for comfort.

**Bridge Group** - Mondays & Wednesdays from 10am -12pm & 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** –November 15th, 11:30. Bring a bag lunch.

**Wednesday Night Book Club**—Wednesday November 2nd, 7:00.

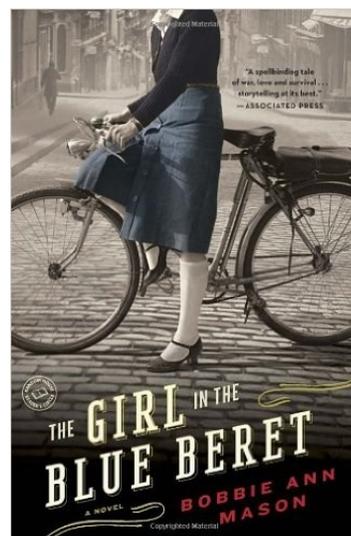
**Truman  
Capote**



**Wednesday Night Book Club, November 2nd, 7:00 p.m.**

“In this seductive, wistful masterpiece, Truman Capote created a woman whose name has entered the American idiom and whose style is a part of the literary landscape. Holly Golightly knows that nothing bad can ever happen to you at Tiffany's; her poignancy, wit, and naïveté continue to charm.” -library catalog. Copies of the book and movie will be available, read and view at home. We'll compare and contrast for discussion. Available in paperback, CD, & MP3 CD.

**Tuesday, November 15th, 11:30** “Inspired by the wartime experiences of her father-in-law, Bobbie Ann Mason has crafted the haunting and profoundly moving story of an American World War II pilot shot down in Occupied Europe, and his wrenching odyssey of discovery, decades later, as he uncovers the truth about those who helped him escape in 1944. At twenty-three, Marshall Stone was a confident, cocksure U.S. flyboy stationed in England, with several bombing raids in a B-17 under his belt. But when enemy fighters forced his plane to crash-land in a Belgian field during a mission to Germany, Marshall had to rely solely on the kindness of ordinary Belgian and French citizens to help him hide from and evade the Nazis”. —Amazon



# THE WENHAMITE NOVEMBER 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
	<b>1</b> <b>Great Courses Lecture</b> <b>W 11am</b>	<b>2</b> <b>Bridge - HWL - 10am</b> <b>Citizen Leadership</b> <b>Presentation W</b> <b>6:30pm (see schedule</b> <b>inside)</b> <b>Book Club HWL - 7pm</b> Truman Capote <i>Breakfast at Tiffany's</i>	<b>3</b> <b>*Market Basket 12p</b> <b>*Blood Press Chk W</b> <b>call: 9:30 - 10:15am</b> <b>Balance+ W/Regina</b> <b>10:30am - 11:30am</b> <b>*KUE Knitting Group</b> <b>W 2 - 4PM*</b> <b>ADRD HWL 12-2pm</b>	<b>4</b> <b>Walmart (114) W</b> <b>9:30am</b>  <b>Bridge - HWL</b> <b>1pm - 4:30pm</b> <b>Bingo Enon 2-</b> <b>4pm</b>
<b>7</b> <b>*SHINE W - 9am - 12p</b> <b>Knitting - HWL</b> <b>12 pm - 2:30 pm</b>  <b>*Chair Yoga W Lisa</b> <b>1-2 pm</b>  <b>Shaws - W 12:30pm</b>  <b>Bridge - W 6:30pm</b>	<b>8</b> <b>Election Day</b>  <b>Senator Tarr Rep. W</b> <b>10:30 - 11:30 am</b>  <b>Great Courses Lecture</b> <b>W 11am</b>	<b>9</b> <b>Bridge - HWL - 10am</b>  <b>Citizen Leadership</b> <b>Presentation W</b> <b>6:30pm</b>	<b>10</b> <b>*Market Basket 12p</b>  <b>Balance+ W/Regina</b> <b>10:30am - 11:30am</b>  <b>*RIFF Book Grp - W</b> <b>2 - 4PM*</b>	<b>11</b> <b>Trader Joe's (114)</b> <b>W 9:30am</b>  <b>Bridge - HWL</b> <b>1pm - 4:30pm</b>  <b>Bingo Enon 2-4pm</b>
<b>14</b> <b>*SHINE W - 9am - 12p</b> <b>Knitting - HWL</b> <b>12 pm - 2:30 pm</b>  <b>*Chair Yoga W Lisa</b> <b>1-2 pm</b>  <b>Shaws - W 12:30pm</b>  <b>Bridge - W 6:30pm</b>	<b>15</b>  <b>Literary Luncheon</b> <b>HWL 11:30-12:30</b> <i>The Girl in the Blue Beret</i>  <b>Great Courses Lecture</b> <b>W 11am</b>	<b>16</b> <b>Bridge - HWL - 10am</b>  <b>Citizen Leadership</b> <b>Presentation W</b> <b>6:30pm</b>  <b>*PaintNite by Day w/</b> <b>Aleah W 2-4pm</b>	<b>17</b> <b>*Market Basket 12p</b> <b>*Blood Press Chk W</b> <b>call: 9:30 - 10:15am</b> <b>Balance+ W/Regina</b> <b>10:30am - 11:30am</b> <b>Low Vision Group H</b> <b>11AM - Presentation</b> <b>*KUE Knitting Group</b> <b>W 2 - 4PM*</b>	<b>18</b> <b>Walmart (114) W</b> <b>9:30am</b>  <b>Busy Needles</b> <b>1st Church W 10 - 12</b>  <b>Bridge - HWL</b> <b>1pm - 4:30pm</b>  <b>Bingo Enon 2-4pm</b>
<b>21</b> <b>*SHINE W 9am - 12p</b> <b>Knitting - HWL</b> <b>12 pm - 2:30 pm</b>  <b>Shaws - W 12:30pm</b>  <b>*Chair Yoga W Lisa</b> <b>1-2 pm</b>  <b>Bridge - W 6:30pm</b>	<b>22</b> <b>Great Courses Lecture</b> <b>W 11am</b>	<b>23</b> <b>Bridge - HWL - 10am</b>	<b>24</b> <b>Thanksgiving</b> <b>Day</b>	<b>25</b> <b>Trader Joe's (114)</b> <b>W 9:30am</b>   <b>Bridge - HWL</b> <b>1pm - 4:30pm</b>  <b>Bingo Enon 2-4pm</b>
<b>28</b> <b>*SHINE W 9am - 12p</b> <b>Knitting - HWL</b> <b>12 pm - 2:30 pm</b> <b>Shaws - W 12:30pm</b>  <b>*Chair Yoga W Lisa</b> <b>1-2 pm</b>  <b>Bridge - W 6:30pm</b>	<b>29</b> <b>Great Courses Lecture</b> <b>W 11am</b>	<b>30</b> <b>*Podiatrist W 9am</b> <i>Hamilton COA</i> <b>*Open Studio w/</b> <b>Aleah W 2-4pm</b>  <b>Citizen Leadership</b> <b>Presentation W</b> <b>6:30pm</b>	<b>19</b> <b>Saturday</b> <b>Enon Village</b> <b>Annual Fall Bake</b> <b>Sale and Raffle,</b> begins 9:00am at Enon Village Community Hall	<b>20</b> <b>Sunday</b> <b>Turkey</b> <b>Decorations &amp;</b> <b>Fun times</b> <b><u>Open House</u></b>  <b>W 1:00-4:00</b>

# Health & Wellness

## YOGA WITH LISA

MONDAYS 1:00-2:00

STRETCH your body and  
relax your mind

\$5.00 donation appreciated



## BALANCE+ WITH REGINA

THURSDAYS 10:30-11:30

BALANCE ~ ENDURANCE  
STRETCHING ~STRENGTH

\$5.00 donation appreciated



## PODIATRIST

Wednesday, November 30, 2016 Dr. Gregory Van Ess - Hamilton COA.

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

## Wenham Bocce Team Wins 2nd Jamboree!



It was a huge win for the WCOA bocce team, beating out multiple teams from 3 other towns. Many thanks to those who organized and participated in this fun event. See you all next spring!

## Welcoming Group Activities

### Paintnite by day with Aleah

2:00-4:00

Wednesday, November 16th

No experience necessary, materials provided.  
Donations appreciated.

Step-by-step instruction for the  
'Starry Night' picture (middle).



### \*\*\*3rd Sunday Open House at WCOA\*\*\*

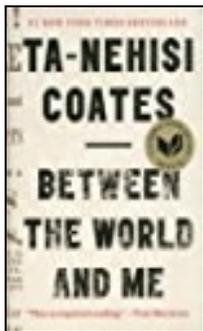


*When:* Sunday, November 20, 1:00-4:00 pm

*What:* Lunch, crafts, activities



Seasonal activities, healthy snacks, poker, holiday crafts, birds of the seasons, games, and laughs. A volunteer-led program intended to make something of your Sunday. RSVP 468-5534 and come join the fun!



### RIFF - READING IS FOR FUN Thursday, November 10th from 2- 4 PM

We invite you to join our very informal book group which meets the 2nd Thursday of every month at 2 PM in the Wenham COA. Ta-Nehisi Coates new novel, ***Between the World and Me***, As society has experienced the recent deaths of Trayvon Martin, Michael Brown, and Eric Garner through media coverage, it has began a dialogue regarding the treatment of young men of color and the attitude of law enforcement and lawmakers in regards to the safety and security of the urban black population. *Between the World and Me* is a letter Ta-Nehisi Coates writes to his teenage son, one that describes the tragedy and truth of the black experience. and focuses on what it means to be a child and parent in the black community and how lives are impacted by the inherent racism and societally engrained perspective held by those in power.

### KUE (Knitters United Etc.) on the Thursdays, November 3rd & 17th, 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

## ADVENTURE TRAVELS - DAY TRIPS - ENTERTAINMENT

**CHRISTMAS - O SOLE TRIO ~ Tuesday, December 6 & 7 ~ \$65pp Danversport YC.** *O Sole Trio* is a dazzling Italian-American Christmas music experience combining two stellar voices and commanding accompaniment. This includes a delicious meal of chicken parmesan or baked scrod. Transportation on the van is available for up to 8 people at \$5pp.

**NORMAN ROCKWELL *Home for the Holidays* ~ Thursday, December 15 ~ \$99pp.** Visit the picture perfect New England town of Stockbridge, MA. Luncheon at the historic Red Lion Inn (circa 1733). Tour the Norman Rockwell Museum.

**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

**“Give thanks for unknown blessings already on their way.”**

*~ Native American saying*

**Wenham Board Members**

*Chairman* - Penny Wingate  
Elizabeth Colt - Vice Chair  
Stephanie Mark - Secretary  
Susan Doughty ,Regina Baker,  
Diana Lang, Alyson Preston

**Friends of Wenham COA**

Wendy Campbell - President  
Jim Howard - Treasurer  
MaryAnn Cannon-Duress - Secretary

**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 to use or donate items.

**We are always looking for equipment in good condition. Rollators and transport chairs**

**Charlie Card** - Call the Ipswich COA 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.

**ANNUAL FALL BAKE SALE & RAFFLE**



**Where:** Enon Village Community Hall

**When:** Saturday, November 19th 9:00

**ALL WELCOME, COME EARLY!!!**

Homemade cupcakes, brownies, cakes, pies, breads, cookies available for sale.

Gift certificates, gift baskets, white elephant table, and TONS of raffle items!

**Contact Susan Herrick for donations or advanced ticket sales**



**978-777-5643**