



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

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

THE WENHAMITE

SEPTEMBER 2016

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

Volume 3, Issue 8

The great acts of love are done by those who are habitually performing small acts of kindness.

~ Victor Hugo

We are getting back into the swing of things as Sept approaches. We hope you will try make an effort to join us for bocce on Tues or Thurs AM, exercise classes, art programs, or call us with any elder services questions or new ideas.

During this time of year we send in our "participation" numbers to *Executive Office of Elder Affairs* which in my 3rd year reflect solid growth. We have done it by bringing grant funded education programs and our weekly exercise and outdoor program offerings.

This month we will embark on a study of our transportation program. How we might stream-line and improve these services is the goal. Having our own staff and vehicle connects us with our residents in a way that goes far beyond going from here to there. Please weigh in by calling me in September.

We now have 6 parking spaces reserved for the COA which should make parking easier this Fall as we start the school year. You are welcome to meet our new Board members on Thurs., the 22. It's a great group! JR

September is a busy month, with a lot going on for older adults here in Wenham. Two big awareness campaigns are Balance Awareness and Falls Prevention. According to the National Council On Aging, many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. Here are just a few common myths about falling:

Myth 1: *If I limit my activity, I won't fall.* **Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 2: *As long as I stay at home, I can avoid falling.* **Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 3: *Muscle strength and flexibility can't be regained.* **Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. -www.ncoa.org

Whether you're a regular, haven't been in for a while, or have been thinking about trying something new, the time is now! **September is Healthy Aging Month.** Come in and take advantage of our many "triple threat" programs that (1) have physical benefits, (2) have a social component and (3), are good for your mental health.

September 21: Gordon Center for Balance, Mobility & Wellness Presentation at the Wenham Council On Aging. 10:00am "Balance For Fun & Function." Details on back cover.

September 19-25: Balance Awareness Week Come to Chair Yoga with Lisa on Monday 1:00-2:00. This is a class for everyone!

September 22: Falls Prevention Awareness Day (Sep. 22-28 is National Council On Aging Falls Prevention Awareness Week) Balance Plus with Regina Thursday, 10:30-11:30. All levels welcome!

September 6, 13, 20, 27: Tuesdays 1:00pm Trail-Walking Group. Call Traci at the WCOA for details 978-468-5534.



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



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

*Every Thursday we go to Market Basket
followed by Tendercrop Farm*

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

Eastern Essex District of Veteran Services

Chapter 115 Financial and Medical Assistance

Massachusetts General Law allows cities and towns to deliver financial and medical assistance to qualifying veterans and their family members to improve quality of life.

How do I know if I am eligible?

You must be a veteran or the non-remarried spouse or widow of a veteran. Certain other exceptions apply so if you are somehow connected to a veteran, ask us about eligibility. If you have any questions contact Karen Tyler at (978) 356-3915 or email her at kt Tyler@eessexvets.com.

2016 ~ The Sunny Summer ~ 2016



We had a fun crowd for the ever-popular Ice Cream Social. Thanks very much to the *Friends of the Wenham COA* who generously sponsored the event. Many thanks as well to all who attended, helped, scooped, served, and cleaned up!

Library and other News

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

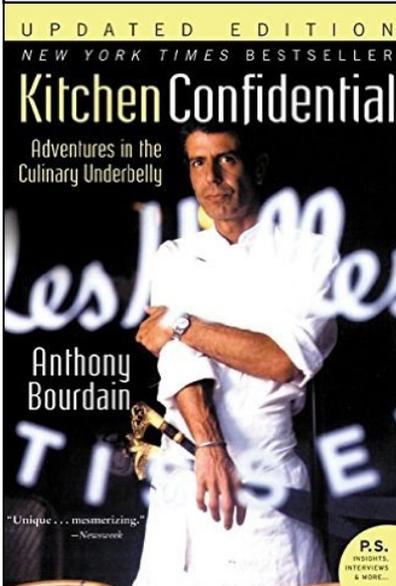
Cribbage - Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. All are welcome!

Literary Luncheon –September 20th, 11:30. Bring a bag lunch.

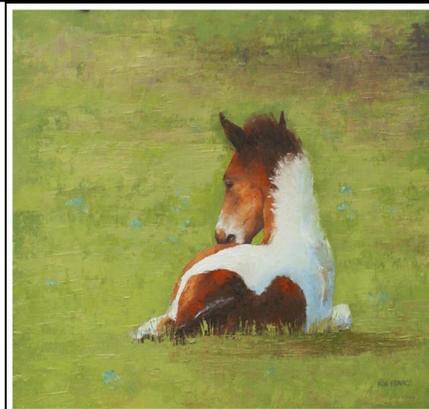
Wednesday Night Book Club—Wednesday September 7th, 7:00.



DeFranco presents his oil paintings depicting the wild ponies. The ponies have lived on the island free of human intervention since the 1700's. He was inspired by his emotional first visit.



Kitchen Confidential: Adventures in the Culinary Underbelly by Anthony Bourdain
 Wednesday, **Sept. 7, 2016 at 7:00** Nonfiction, 2000. "A New York City chef who is also a novelist recounts his experiences in the restaurant business, and exposes abuses of power, sexual promiscuity, drug use, and other secrets of life behind kitchen doors."



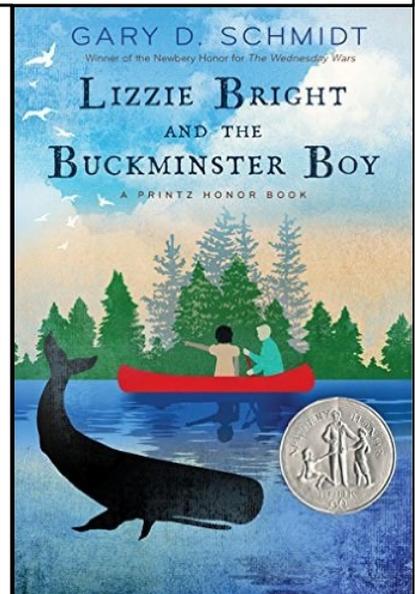
1st Friday on Sept. 9 at 10:30
Artist Rob DeFranco talks of the Assateague Island Wild Ponies



Literary Luncheon meets September 20th, 11:30 to discuss our 8th community read: **Lizzie Bright and the Buckminster Boy** by Gary D. Schmidt. Winner of both the Newbery Honor and Printz Honor awards. This work of young adult historical fiction is based on the destruction of a dog eat

dog, interracial community that inhabited Maine's Malaga Island until 1912.

The tale follows mainland newcomer Buckminster, and his tenuous friendship with Lizzie, a smart and lively resident of Malaga. They bond in the rugged beauty of the Maine coast as they both grapple with the eviction of the Island's residents and their positions within their communities. Bring your brown-bag lunch to the discussion, beverages/dessert will be provided.



As part of our community read, the author of [Lizzie Bright and the Buckminster Boy](#) Dr. Gary D. Schmidt, will speak at Gordon College on Thursday, Oct. 27. Author reception and book signing from 6:00-7:00, presentation at 7:30.

For more information contact Nancy Day 978-468-5577 nday@hwlibrary.org

THE WENHAMITE SEPTEMBER 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
			1 Bocce W- 9:30am *Market Basket 12p *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	2 Bridge - HWL 1pm - 4:30pm Movie - W 1pm
5 LABOR DAY	6 *Bocce W - 9:30am Trail-Walking Group W 1:00pm Senator Tarr Rep. W 10:30 - 11:30 am <u>*Low Vision rsvp deadline</u>	7 Friends Mtg W 9:30am Bridge - HWL - 10am *Bocce W - 2pm Kitchen Confidential HWL Book Club- 7pm	8 Bocce W- 9:30am *Market Basket 12p Balance+ W/Regina 10:30am - 11:30am *RIFF Book Grp - W 2 - 4PM* *ERBA Kayak 3:30 pm	9 Wenham Congo Knitting Group W 10 - 12pm Assateague Isle HWL 10:30am Grandparents Day Ice Cream Party 2:30pm - 4pm
12 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2:30 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	13 *Bocce W - 9:30am Movie - W 1pm Trail-Walking Group W 1:00pm	14 Bridge - HWL - 10am *Bocce W - 2pm Low Vision Group H 2pm <i>Andrea Shein MA Comm. for the Blind</i>	15 Bocce W- 9:30am *Market Basket 12p *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM*	16 *Bocce and lunch W - 12pm Bridge - HWL 1pm - 4:30pm Trip NE Low Vision Tech Ctr. H - Worcester 9-3 W- WCOA Open House on Sunday 1-4
19 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2:30 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	20 *Bocce W - 9:30am Literary Luncheon HWL 11:30-12:30 Trail-Walking Group W 1:00pm	21 *Balance for Fun & Function W 10am (see back cover) *Bocce W - 2pm *PaintNite by Day w/ Aleah W 2-4pm	22 Bocce W- 9:30am Balance+ W/Regina 10:30am - 11:30am *Market Basket 12p COA Board Meeting W - 2pm	23 Bridge - HWL 1pm - 4:30pm Movie - W 1pm
26 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2:30 pm *Chair Yoga W Lisa 1-2 pm Bridge - W 6:30pm	27 *Bocce W - 9:30am Trail-Walking Group W 1:00pm Author & speaker Dr Gary Schmidt Gordon College - 7pm	28 *Podiatrist W 9am <i>Hamilton COA</i> *Bocce W - 2pm *Open Studio w/ Aleah W 2 - 4pm Bridge - HWL - 10am	29 Bocce W- 9:30am *Market Basket 12p Balance+ W/Regina 10:30am - 11:30am	30 Bridge - HWL 1pm - 4:30pm Movie - W 1pm

Health & Wellness

NEW!!!

SEPTEMBER TRAIL WALKING GROUP — TUESDAYS 1:00

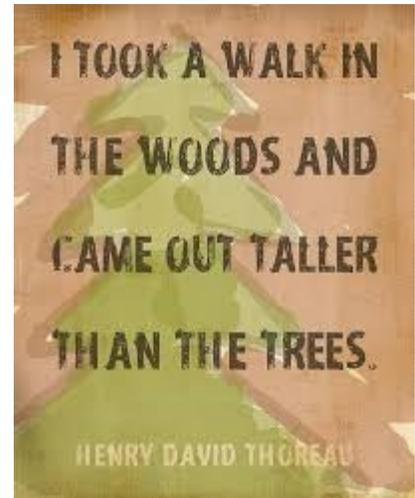
Join me on Tuesday afternoons for walks on local trails, weather permitting. Walking in nature promotes total health, both physical and mental.

Grab a friend, or come solo to help build bone density, strengthen your glutes, quadriceps, hamstrings as well as the muscles in your hips and lower legs!



Call Traci at WCOA for details 978-468-5534

Wear sneakers or hiking shoes, bring water, bug spray recommended



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

IMPROVE BALANCE ~

ENDURANCE ~

STRETCHING ~ STRENGTH

\$5.00 donation appreciated

BOCCE

TUESDAYS AND THURSDAYS

9:30a.m.

Wenham Council On Aging

All levels welcome!



ESSEX RIVER BASIN ADVENTURES

On the September 8th, we meet at 3:30 pm at ERBA at 1 Main St, Essex and launch into the Essex River, Conomo Point and Crane Beach on a Sunset Cruise. Sign up by calling me at 468-5529. Limited to 16.



Welcoming Group Activities

Grandparents Day Ice Cream Celebration!

Friday, September 9th 2:30-4:00

Grandchildren welcome!



Grandparents serve as quiet heroes in many families. For example, they may babysit, volunteer in the community, and many are primary caregivers to grandchildren. Come in and be honored on this special day. Come with or without grandchildren. RSVPs are helpful but not required. 978-468-5534.

NEW WCOA Monthly Open House!

When: 9/18, 1:00-4:00

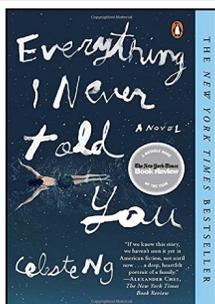
What: Lunch, crafts, activities

Call the WCOA to register 978-468-5534

More open houses to follow on the 3rd Sunday of each month!

Monthly activities will vary, for example: making healthy snacks, knitting/crocheting 101, poker 101, computer demystified, holiday crafts, winter birds, etc. This is a volunteer-led program, please call if you'd like to help!

10/16: Pumpkin Patch, **11/20:** Turkey Time, **12/18:** Holiday Helpers



RIFF - READING IS FOR FUN Thursday, September 8th 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. A profoundly moving story of family, history, and the meaning of home, *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, exploring the divisions between cultures and the rifts within a family, and uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

KUE (Knitters United Etc.) on the Thursdays, September 1st & 15th, 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

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

CHRISTMAS - O SOLE TRIO Tuesday, December 6 & 7 ~ \$65pp Danversport YC. *O Sole Trio* is a 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.

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

Nature does not hurry, yet everything is accomplished. -Lao Tzu

Wenham Board Members

Chairman - Penny Wingate
Elizabeth Colt - Vice Chair
Stephanie Mark - Secretary
Susan Doughty
Regina Baker
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.

**“Balance for Fun and Function”
Presented by**

Gordon Center for Balance, Mobility and Wellness

Where: Wenham Council On Aging

When: Weds., September 21th

12:00 Lunch, 12:30 Presentation

The staff at the CBMW provide expertise in balance and healthy aging. Come learn at this free and informative talk about achieving and maintaining healthy balance to stay active, age well, and prevent a fall. ****RSVP 468-5534**

