



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

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

THE WENHAMITE

SEPTEMBER 2015

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

Volume 2, Issue 9



WENHAM COA'S FIRST ORGANIC GARDEN IS A GROWING SUCCESS

The first season of the COA's organic garden has come along beautifully. Early on we had assorted varieties of lettuce and Swiss chard. As I type, there are 4 varieties of tomatoes ripening on the vine including one called "Green Zebra" known for its bright, green, rich-tasting flesh—sweet with a sharp bite to it (just too good to describe!). There are also three types each of peppers and basil, and two prolific cucumber vines. Our waste-height containers make the garden easy to access. Feel free to sample the organic vegetables and help us maintain this fun project!

Tracy M

"Happiness is not something ready made. It comes from your own actions."

Dali Lama XIV (1935-) Tibetan

We have made great progress this summer, and look forward to continuing to introduce new services, and program ideas.

This month we revised all the mailing lists and discussed some FY2016 goals, and we hope to get out into the field this month. That means visiting people and just getting a chance to meet more people in the community.

Our tour of the Peabody Essex Museum and our guided tour of the Thomas Benton Exhibit was fantastic! His huge paintings reflected on the struggles of real people, the history of our country, and art used as a political tool. We hope to grow our *museum-inclined* group, and make the tours accessible to all. Call us!

We are just getting started with Bocce and we are cautiously encouraged by the interest. It's an easy game to learn and play. Anyone working here at the COA can teach you in about 30 minutes. In 3 games you know about 90% of what you need to know.

Call me if you need, or want to donate any quality adaptive equipment. Please come by and visit us. Jim R

Day Trips to popular shows and fall outings...call now!

- ◇ **The Beach Boys** – Ultimate Tribute Show. Hits include: “Surfin”, “I Get Around”, “Good Vibrations”, “Surfer Girl”, “Barbara Ann”, “California Girls”, “Sloop John B.”, “Little Deuce Coupe”, “Help Me Rhonda”, “Fun, Fun, Fun”, & more.
Location: Venus de Milo in Swansea, MA
Date: Wednesday, September 22, 2015
Price: \$85 p/p includes bus, lunch and show
- ◇ **Fall Foliage Day Trip**
A Tour of the Cathedral in the Pines, Lunch at JP Stephens, a Visit to Smith’s Country Cheese, and a Stop at the Red Apple Farm.
Location: Rindge, NH
Date: Thursday, October 1, 2015
Price: \$79.95 p/p includes bus, lunch and show
- ◇ **New Hampshire’s Turkey Train**
Guided bus tour featuring Fall Foliage Train Ride, Hart’s Turkey Farm, Lunch, a Mystery Stop and Sightseeing.
Location: Meredith, NH
Date: Wednesday, October 7, 2015
Price: \$89.95 p/p includes bus, lunch and show
- ◇ **Italian Festival 2015**
Italian Festival with a Great Show and Special Menu from Danversport
Location: Danversport Yacht Club
Date: Wednesday, October 21, 2015
Price: \$59 p/p includes Luncheon and Show
Wenham COA transportation available



The Real Story: Why Gardening is Great For Us

By Sara Price on 8/2/15, Process of Aging, Senior Care Advice

What comes to mind first when we think of physical benefits of gardening? Fresh air? Reduced stress? Increased mobility? Those things are true, but you might be surprised by some of its other benefits. Horticulture therapy has been linked to increased bone density because of increased vitamin D absorption (due to time spent in the sun outdoors), improved sleep cycles, improvement in attention, reduction of chronic pain, and reduction of falls. That last one is particularly important given the number of falls in the over-65 population.

As for psychological benefits, gardening and horticulture therapy have been linked to alleviating depression, decreasing anxiety, increasing a person’s sense of stability, and increasing sense of control. Dementia patients, in particular, showed decreased aggression with access to gardening. Programs have begun to show up in assisted living and long-term care facilities, but you can also reap the benefits of gardening therapy at home.

THE WENHAMITE

SEPTEMBER 2015 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
<p>*CALL 468-5534</p>	<p>1</p> <p>Bocce W 10 - 12p</p> <p>*Loss of Spouse Danvers 3:30 - 5pm and 6:30 - 8 pm</p>	<p>2</p> <p>Bridge - HWL - 10am.</p> <p>Library Book Club HWL - 7pm - 8pm. <i>THE BOSTON GIRL</i></p>	<p>3</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>*KUE Knitting Group W - 2pm - 4:00pm</p>	<p>4</p> <p>*Musical Comedy Favorites - W 10am</p> <p>*Benefits Checkup W - 12pm - 2pm</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>7</p> <p>LABOR DAY</p>	<p>8</p> <p>* Sen Tarr Rep 10:30am</p> <p>Bocce W 10 - 12p</p> <p>COA BOARD MTG W - 2 - 3 PM</p> <p>*Peer led - Loss of Spouse Kaplan 6:30</p>	<p>9</p> <p>Bridge - HWL - 10am</p> <p>Blood Pressure Clinic H - 9am-12pm</p> <p>JC Phillips Walk W 1PM</p>	<p>10</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>RIFF Book Club W - 2-4pm <i>"All the Light We Cannot See"</i></p>	<p>11</p> <p>*COPING WITH GRIEF & LOSS Peabody COA - 10:30a</p> <p>*Benefits Checkup W - 12pm - 2pm</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>14</p> <p>*SHINE W - 9am - 12p</p> <p>Bridge - HWL - 10am.</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Audiology - W 12pm</p> <p>*Chair Yoga W - Lisa 1pm - 2pm</p>	<p>15</p> <p>Literary Luncheon HWL - 11:30a</p> <p>*Movie - W - 12pm <i>Unforgiven (1991)</i> (luncheon included)</p> <p>Bocce W 10 - 12p</p> <p>*Peer led - Loss of Spouse Kaplan 6:30</p>	<p>16</p> <p>Bridge - HWL - 10am</p> <p>*Low Vision H 12pm</p> <p>Bradley Palmer Walk W 1PM</p>	<p>17</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>*KUE Knitting Group W - 2pm - 4:00pm*</p>	<p>18</p> <p>*COPING WITH GRIEF & LOSS Peabody COA - 10:30a</p> <p>*Benefits Checkup W - 12pm - 2pm</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>21</p> <p>*SHINE W - 9am - 12p</p> <p>Bridge - HWL - 10am</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W 6:30pm</p> <p>*Chair Yoga W - Lisa 1pm - 2pm</p>	<p>22</p> <p>*Movie - W - 2pm <i>True Grit (2010)</i></p> <p>*The Beach Boys Swansea, MA - 9am</p> <p>Bocce W 10 - 12p</p> <p>*Peer led - Loss of Spouse Kaplan 6:30</p>	<p>23</p> <p>Bridge - HWL - 10am</p> <p>Blood Pressure Clinic H 9am-12pm</p> <p>Podiatrist W 9 - 12pm</p> <p>*Paint Times Aleah W 2pm - 4pm</p>	<p>24</p> <p>*Market Basket</p> <p>*Balance+ W Regina 10:30pm - 11:30pm</p> <p>Theatre Events Grp Kick off. W - 1pm</p>	<p>25</p> <p>*COPING WITH GRIEF & LOSS Peabody COA - 10:30a</p> <p>*Benefits Checkup W - 12pm - 2pm</p> <p>Bridge - HWL 1pm - 4:30pm.</p>
<p>28</p> <p>*SHINE W - 9am - 12p</p> <p>Bridge - HWL - 10am</p> <p>Knitting - HWL 12 pm - 2 pm</p> <p>Bridge - W 6:30pm</p> <p>*Chair Yoga W - Lisa 1pm - 2pm</p>	<p>29</p> <p>Bocce W 10 - 12p</p> <p>Current Events Group Grp Kick off - W 2pm</p> <p>*Peer led - Loss of Spouse Kaplan 6:30</p>	<p>30</p> <p>Bridge - HWL - 10am</p> <p>Halibut Point Walk W 12pm</p> <p>* Water Color/Pastels W 2 - 3:30pm</p>		

Wenham Transport Services

****Park at the Wenham COA, be green and enjoy the company of your friends****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS



Call 978-468-5534

**Service hours: Mon - Fri: 8 am - 3:30 pm
24 Hr. Advance Notice Preferred**



Outreach Service Programs

Need a 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 Council on Aging 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 obtain or donate items.

Low Vision Group—Andrea Shein from the Mass Council for the Blind will come and speak on benefits for people with low vision on Weds, Sep 21st at 12 noon at the Hamilton COA. Call Lucy at (978) 468-5595 for lunch reservations. For anyone with low vision, their families and caregivers.

Benefits Check-up - Every Friday, September 4, 11, 18, 25 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. BenefitsCheckup 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 service yourself using this tool and/or review it with me. (<https://www.benefitscheckup.org>)

Podiatrist - Dr. Van Ness has agreed to rotate every month between our two COA's in Hamilton and Wenham. His schedule will be **Wednesdays**, September 23 - **Wenham** / October 21 - **Hamilton** / November 18th - **Wenham**. His appointments will be 15 minutes apart. For an appointment call: (978) 468-5534.

Movies - Westerns Month.

September 15th - 12pm. *Unforgiven* is a 1992 American film directed and produced by Clint Eastwood, who also starred in the lead role with Gene Hackman and Morgan Freeman. The film portrays William Munny, an aging outlaw and killer who takes on one more job years after he had turned to farming. A dark Western that deals frankly with the uglier aspects of violence and how complicated truths are distorted into simplistic myths about the Old West.

September 22nd - 2pm. *True Grit* (2010). Following the murder of her father by hired hand Tom Chaney, 14-year-old farm girl Mattie Ross (Hailee Steinfeld) sets out to capture the killer. To aid her, she hires the toughest U.S. marshal she can find, a man with "true grit," Reuben J. "Rooster" Cogburn (Jeff Bridges). Mattie insists on accompanying Cogburn, whose drinking, sloth, and generally reprobate character do not augment her faith in him. Against his wishes, she joins him in his trek into the Indian Nations in search of Chaney. They are joined by Texas Ranger LaBoeuf (Matt Damon), who wants Chaney for his own purposes. The unlikely trio find danger and surprises on the journey, and each has his or her "grit" tested.



Presentation ~ Coming in Oct ~ *Aging Mastery Program*

How is AMP Different from Evidence-based Programs?

The Aging Mastery Program® (AMP) is an engagement and incentive program designed to educate, encourage, and support baby boomers and older adults to take actions to improve their health, finances and general well-being and to contribute more to their communities and society. It is not an evidence-based program. The National Council on Aging (NCOA) helps community-based organizations implement evidence-based programs that promote healthy lives for older adults. [Learn more about those programs](#) and about the differences between AMP and the Stanford's Chronic Disease Self-Management Education programs.

Where is AMP Currently Offered?

Initial testing of the program was offered in five senior centers in South Carolina, Indiana, Massachusetts, Connecticut, and Pennsylvania. We are now conducting a second pilot to expand the program across Massachusetts and Pennsylvania. Next, we are planning a major, multi-community demonstration program to continue to test the AMP model. To explore AMP partnership opportunities, please [contact us](#).

What are AMP Results?

Initial pilot projects involving 225 participants were very encouraging and demonstrated a strong demand for the program. Most importantly, preliminary results have shown that older adults in the program significantly increased their:

- | | |
|---|---|
| <ul style="list-style-type: none">• Social connectedness• Physical activity levels• Healthy eating habits | <ul style="list-style-type: none">• Use of advanced planning• Participation in evidence-based programs• Adoption of several other healthy behaviors |
|---|---|

Bridges Together - *Grant Opportunity Application is in!*

The award-winning, evidence-based *Bridges* Program Curricula Suite unites older adults and children in their own communities for shared experiences and cooperative learning. Through the *Bridges* programs, generations grow in mutual respect, understanding, and friendship. Adults volunteer in the children's classroom, library, or community center over several weeks. Under the guidance of the teacher or trained staff member, the volunteers work in pairs to facilitate small groups of students. Together, the seniors and students share their own life experiences and those of their families. These discussions are supplemented with creative, educational projects that promote shared learning.

Goals for *Bridges*

- Build relationships across generations in the community and in families
- Help all participants realize that as human beings, we have much many more similarities than differences
- Support older adults socio-emotional development as they meet new friends (both "old" and "young"), reconnect with "old friends", review their lives and share their wisdom & experience
- Promote a positive attitude about aging for all participants – children, staff and volunteers
- Foster an inclination for children to spend time with older adults, as well as dispel fears of aging and ageist stereotypes
- Expand learning opportunities that support the national core educational standards.

Health and Wellness

S T R E T C H yourself on Mondays* this fall **CHAIR YOGA WITH LISA**



STARTING SEPTEMBER 14TH

MONDAYS 1 – 2 PM

**STRENGTH ~ BALANCE ~ FLEXIBILITY
MEDITATION OF MIND, BODY, & SPIRIT**

\$5.00 donation appreciated

Come and LEARN how to apply the daily practice of meditation.



BALANCE+ WITH REGINA **THURSDAYS 10:30-11:30**

**Adults can gain strength and endurance at
approximately the same rate as younger people.**

IMPROVE BALANCE~ENDURANCE~STRETCHING~STRENGTH
\$5.00 donation appreciated



PLAY BOCCO

TUES & THURS 10:00-12:00 PM

EASY TO LEARN - GAMES TAKE 1/2 HOUR

QUIET RETREAT FROM CHORES - FREE COFFEE

Our first bocce *AWAY* game is in Marblehead on Aug 27!

Common myths: It's a men game! It's an Italian game!

Library and other News



iPad training - 1:1 sessions call 468-5577 for time with Sarah, Rob, Amy or Dede.

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. Need help to get over that tricky hurdle or keep on track with that lagging project? Drop in once or become a regular, everyone is welcome

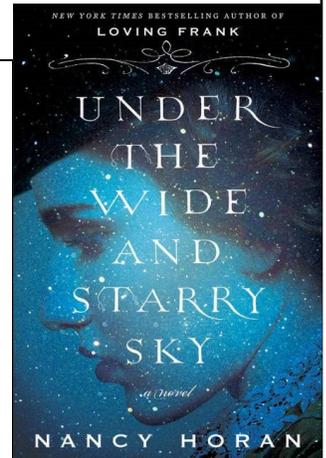
Cribbage - Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome!

Friends of the Hamilton-Wenham Library Used Book Sale - Friday, September 18th, 6:00-9:00 Members only preview (if you aren't a member you can sign up at the door). Book Sale open to the public September 19-24th. This is a large, well-organized book sale, where everything is sorted by genre and prices are excellent.

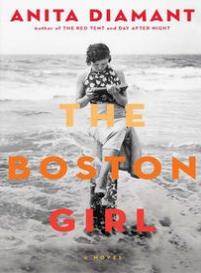
Literary Luncheon Tuesday, September 15th, 11:30-12:30

Under the Wide and Starry Sky by Nancy Horan

"Chronicles the unconventional love affair of Scottish literary giant Robert Louis Stevenson, ... and American divorcee Fanny Van de Grift Osbourne. They meet in rural France in 1875, when Fanny, having run away from her philandering husband back in California, takes refuge there with her children. Stevenson too is escaping from his life, running from family pressure to become a lawyer. And so begins a turbulent love affair that will last two decades and span the world." -library catalog Available in: hardcover, large print, ebook, CD, and Playaway.



Wednesday Night Book Club, led by Dede McManus. New faces always welcome!



Wednesday, September 2nd at 7:00 *The Boston Girl*, by Anita Diamant. "Addie Baum was born in 1900 to immigrant parents who were unprepared for and suspicious of America. Growing up in Boston, Addie's intelligence and curiosity take her to a world her parents can't imagine: a world of short skirts and new opportunities for women. ... Addie recalls her adventures with compassion for the naive girl she was and a wicked sense of humor." -library catalog 2014. Available in hardcover, large print, CD, ebook & e-audio.



Next month's book Weds., October 7th 7:00 *Spare Parts*, by Joshua Davis

Nonfiction. "Four Hispanic high school students organize a robotics club. With no experience, 800 bucks, used car parts and big dreams, this rag tag team goes up against the country's reigning robotics champion, MIT." - Library catalog, 2014. Available in hardcover and audio. (& yes, it's also available as a movie.)

KUE (Knitters United Etc.) at the Wenham COA on the Thursdays, Sept 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. Hamilton residents and anyone interested is welcome. Hope to see you there.

~ Penny Wingate & Buffy Colt

Postage is paid by The Friends of the Wenham Council on Aging

Wenham COA
10 School Street

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

From our friends at Brick End Farms © 2015 - Did You Know? More than \$55 billion worth of food, potential energy, and soil amendments are sent to landfills each year in the United States. Brick End Farms helps to divert this waste by using their equipment to create organic compost an alternative to animal manure. In fact, grass germinates in this product in less than a week.

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

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

Plan for Weekly Exercise with US!

Mon., 1-2 PM and Thurs., 10:30 - 11:30 PM
Wenham COA Building

In May we challenge you to attend both balanced exercise programs which will have you feeling much better this summer! Class size limited to 10. Come join us!



The Walk raises funds and awareness for Alzheimer care, support and research right here in Massachusetts. Join a team or walk as an individual. Visit www.alz.org/manh for complete information.

Sunday, September 20th

Northeastern Massachusetts Walk (Andover, MA)
200 Brickstone Square

