

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595
www.hamiltonma.gov/government/council-on-aging



“The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent.”

Hamilton Senior Center

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Michael Lombardo

Center Staff
Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board
Steve Walsh, ViceChairman
Nancy Longval, Secretary
Betty Gray
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Sherry Leonard

Senior Van Service
Beauport Ambulance

DONATIONS TO THE COA

Please consider making a tax deductible * donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information *Please check with your tax expert to determine if this donation is right for you.



"Songbirds of the Northeast"

with naturalist John Root
featuring both photographs and recordings of our region's songbirds

Hamilton Senior Center

Wednesday, August 23 at 10:30 AM

Perennials for edible landscaping and attracting birds, butterflies, bees,
and other beneficals will be offered for sale.



Director's Corner: Welcome to the Council on Aging

As I write this column, we are in the dog days of July and I always enjoy this time of year. Not because the pace slows down a bit but because I started as the Director of the Council on Aging five years ago this summer. It's been a great experience - growing the Council on Aging from two programs a week to full time 8 to 4:30; seeing the Senior Center become a home away from home for our seniors. But, most of all, meeting and getting to know so many great people, seniors and other members of our little town, who I can now call friends.

But, I know we still aren't there yet. There's a lot of planning and work to be done and many more seniors who we need to

reach, mostly in the 60 to 69 age range. We have to grow for the future and need to know what you would like to see happen. But we can't do it without your help . . . your suggestions, time, ideas. Maybe you would like to serve on our Council on Aging. Perhaps you've wondered what it was like to deliver Meals on Wheels.

So, don't be a stranger. Come visit and see who we are. Let us buy you lunch or just sit and talk for a while.

We are here to serve. Located at 299 Bay Road, hours 8 to 4:30, but most days you will find me at my desk by 7:30 if you need an early appointment. Call us at 978-468-5595. See you at the Senior Center!

Mary Beth, Director, COA



Keeping Cool This Summer

Free Air Conditioners: The Senior Center was given 2 regular sized air conditioners and expects to receive more used air conditioners to be given free to Hamilton seniors who want them. You will have to arrange for pick-up. Call Mary Beth at 978-468-5595. if you need an air conditioner.

Donations: If you have an air conditioner you would like to donate give Mary Beth a call at 978-468-5595

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

August 2

Bingo and Hot Dogs

August 9

Open Social Hour

August 16

Brookdale Assisted Living of Beverly will serve breakfast and give a short presentation about their facility and services

August 23

"Songbirds of New England" (see page 1)

August 30

Learn what the Conservation Commission is all about with its coordinator, Jim Hankin

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Aug 3 "Nocturnal Animals" Amy Adams, Jake Gyllenhaal
Drama/Thriller. An art-gallery owner reads a novel written by her ex-husband, and becomes greatly disturbed by the possibility that the story was inspired by their marriage and that her safety is in jeopardy.

Aug 10 "Beauty and the Beast" Emma Watson, Dan Stevens
Fantasy, Musical. In this re-telling of the story, this fairy tale centers on a young woman named Belle who is forced to live in an enchanted castle with a prince who is cursed to look like a hideous Beast. In time, the pair fall in love as Belle learns to see the good man hiding behind the Beast's monstrous exterior.

Aug 17 "The Zookeeper's Wife" Johan Heldenbergh, Jessica Chastain
Drama. In this true story, a husband and wife in Nazi-occupied Poland use their positions as caretakers at the Warsaw Zoo to shepherd Jews out of the country.

Aug 24 "Silence" Andrew Garfield, Liam Neeson, Adam Driver
Drama, Thriller. A 17th century Portuguese Jesuit priest receives word that his mentor has renounced his faith while on a mission in Japan. Concerned, he travels to the island nation with another clergyman to investigate.

Aug 31 "Lion" Dev Patel, Nicole Kidman, Rooney Mara
Drama. A five-year-old Indian boy is adopted by an Australian couple after he gets lost in Calcutta. Years later, he struggles with his memories of his birth family, and decides to begin a search for them.



Meet for Breakfast

The Senior Center has a **Do-It-Yourself Breakfast** daily. Belgian waffles are also available on Wednesdays. The Senior Center opens at 8, so why not come in for a cup of coffee, turn on the news and relax.



No crying because there are no Luncheon Specials in August.
Traveling Chef and Senior-Care specials will return in September.

Look for Chess Club to begin in September



Remember to bring in your aluminum can pull tabs for our collection to benefit the Shriner's Hospitals for Children.



Sen. Tarr's Aide visits Senior Center to meet with constituents on the second Tuesday of each month from 9:00 to 10:00 AM

What is Cornhole?

Cornhole or Corn Toss is a game similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point. Scoring can be swift and the lead may change hands several times in a match before the winner is decided.

The game is generally played tournament style with an individual or team being named the champion at the end of the tournament.

So, why are we talking about Cornhole? Because the Council on Aging will shortly have a regulation cornhole set and we are looking for players! Would you like to form a league? How often would you like to play? Give the COA a call and let us know what you think. This is a fun game-one that can be played both indoors and out and we have the whole activity side we can use to play! 978-468-5595



We are always grateful for K-Cup Coffee donations. Any help you can give is appreciated!

Senior Center News & Activities



Cribbage

Play Cribbage after lunch on Mondays.
Start time is 1:00 PM.
Please see calendar for August dates.



The Hamilton Council on Aging and Senior Center hosts a monthly Low Vision Group for local residents with low or no vision, and their family or caregivers. The group is open to Hamilton and Wenham residents and anyone from

surrounding towns that might not otherwise have access to a low vision group. The intention of the group is to combine "business and pleasure," offering educational material and guest speakers, and fun trips away.

This month's meeting is Thursday, Aug. 17, at 11 am, followed by lunch at the Senior Center. This month, Chrys Peralta, an Occupational Therapist with the Massachusetts Association for the Visually Impaired (MABVI), Services for Seniors in Essex County, will join us to talk about living with low vision. The program and lunch are free; however, reser-

Quilt & Kvetch* Tuesdays at 1:00



The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use. *We use the word

Kvetch affectionately, meaning to get things of your chest, sound off, say what's on your mind.

Button-Cell Battery Rebate Program

The Council on Aging is collecting your used button-cell batteries and the Hamilton Senior Center will benefit by being paid \$100 per pound of batteries that are collected. There is a box at the Senior Center where you can drop off your batteries. You'll be helping the environment too. Donating your old batteries not only helps our seniors, but keeps millions of button-cell batteries from hearing aids, watches, and other electronics (with 9mg mercury each) out of landfills.



Have You Seen Our Web Site?

The Town of Hamilton has a new website that is more attractive and user-friendly.

The Council on Aging section of the Hamilton website can be found at: www.hamiltonma.gov/government/council-on-aging. You can also navigate to the Council on Aging page by following the "Your Government" menu on the main page of the Hamilton website: www.hamiltonma.gov.

On the Council on Aging pages, you will find:

- our newsletters,
- the congregate meal program's menu for the month,
- a photo gallery, and
- much more information that pertains to Hamilton residents 60 years of age and older.

We hope you'll pay us a visit!



Readers Club First Mondays at 1:00

The Reader's Club is very informal. There's no pressure. No books are assigned to you. You can read any book you like and share your thoughts with the group. Many times members may have already read the books being discussed and can share their opinions, too, for a great discussion. At the end of meetings, we often chat about what's going on locally and in the world, or just talk about movies we have seen or restaurants we have found. We would love to welcome anyone to stop by the Senior Center and join us for a delightful two hours.

Call Ginny Seavey (978-468-1667) for more information or just pop in to say hello to see if the Readers Club is for you!

Health and Wellness

Do You Hate Exercising Alone?

As you know the Council on Aging has several exercise classes for seniors during the week. We would love to bring more in but honestly, we can't afford the cost of bringing an instructor to the senior center. (Remember, we are the second smallest department in Hamilton!)

So, if you're someone who used to like playing your Leslie Sansone Walking DVD to get in a work-out, but hated doing it by yourself, I think the COA can help.

As soon as we get the projector installed permanently in our activity area, we would like to introduce self-directed group classes using DVD workout videos.

We already have "Discover Tai Chi for Balance; "Leslie Sansone-Walk Away the Pounds"; "Easy Yoga for Arthritis"; and "Cardio and Strength Training for Seniors". The idea is to work your way through the DVD programs over a six, or maybe 8 week, program and find a friend in the meantime.

Please stay tuned for this new work out program. We are hoping to have everything in place for early fall.

What If You Like to Exercise on Your Own

The Senior Center has a recumbent bicycle, a treadmill, an exercise chair, and a "Cubii" (which allows you to pedal from a regular chair) available for individual exercise. You can use the equipment when classes are not in session.



Chair Yoga Monday Mornings at 10:30

First timers can try a class for free. \$8 for per class for drop-ins or \$40 for an 8 week series.

Parkinson's Fitness Group Wednesday Afternoons at 1:00

Heather Thorpe will be leading this **free** fitness group specifically designed for seniors dealing with Parkinson's disease. Experience movement with a greater sense of ease. Learn basic balance postures, form, and breath work, while building physical strength, flexibility, and balance. Ensure comfort and safety, using a chair, wall, and other props for individual variations and modifications. Close your practice with a restorative moment paired with mindful breathing. Come experience the unlimited benefits of the Parkinson's Fitness Group.



Gentle Joints

Friday Mornings at 10:00

Gentle Joints is a **free** exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.



TAKE OFF POUNDS SENSIBLY

T.O.P.S. (Taking Off Pounds Sensibly) is now meeting at the Hamilton Senior Center. Come join us every Friday at 8:45 AM: we're usually finished by 10 AM. The first visit is free. \$32 per year to join and very small dues. Let's lose weight and have good fellowship together. For more information call 478-468-7253.

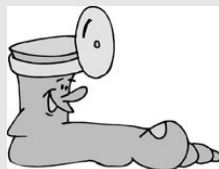


Free Hearing Screenings

Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on Tuesday, August 8th.

No appointment needed.

Sue will be available from 10 to 10:30.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Wenham Senior Center in August 30 at 9:00 AM on the last Wednesday of the month. Appointments will be 15 minutes apart and the Wenham COA will book the appointments at 978-468-5534. Bring Insurance Card.

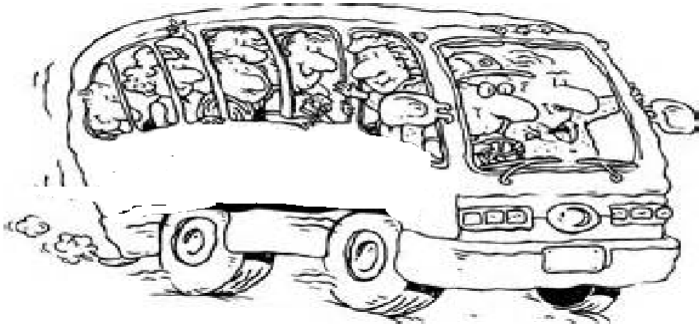
Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center.

No appointment needed.



Day Trips



Looking Ahead to the Fall :

**Salem Trolley Tour and optional lunch at Red's Sandwich Shop
Thursday, September 7**

Price will be \$10 person and lunch will be on your own.

We'll have a private narrated one hour trolley tour of beautiful and historic Salem starting at 11am. The eight mile ride around the city takes you past the Charter Street Burial Ground, the House of the Seven Gables, Witch Dungeon Museum, Salem Witch Museum, the historic waterfront area and other locations, including Chestnut Street considered to be one of the most beautiful streets in America. Our professional driver and talented local tour guide will entertain us with factual history and interesting tidbits about Salem.

You'll need to get to Salem on your own. The most convenient parking garage s Museum Place at 1 New Liberty Street which I believe is 75cents per hour. You'll get the trolley at the National Park Service Visitors Center at 2 New Liberty Street. The tour starts and ends at this location.

Red's is about a 5 minute walk from the Visitor's Center if you decide to join us for lunch.

Fruitlands Museum Foliage Trip Wednesday, October 18

A beautiful foliage ride up Route 2 thru Concord and on to Harvard to visit the Fruitlands Museum. We'll have a 2 hour guided History and Highlights Tour including the Alcott's Farmhouse, Shaker Museum, Native American Museum and the Art Gallery.

Price will probably be around \$25 per person for transportation by Beauport 14 passenger mini-bus, \$11 per person for the tour and money for lunch. We'll either eat at the Museum Café or grab something on the way home. Probably leave around 9am and be home around 3pm.

Block Island

Date: Thursday, August 10 Time: 7:30 AM – 7:30 PM

\$105.00 includes: deluxe motorcoach round trip transportation, ferry ride, lunch at the National Hotel, dining room taxes and gratuities, bus tour of island and time for shopping and exploring. Please register by July 10.

For a unique day trip, visit beautiful Block Island. You will meet the **high-speed ferry** at Point Judith, Rhode Island. After a 30-minute ride, you will arrive at Block Island, where you will embark on a **tour of the Island** via the Block Island Ferry Bus. The tour includes a stop at the historical Southeast Light. After the tour, you will have **lunch at the historic National Hotel**. Listed on the National Register of Historic Places, this Block Island landmark offers breath-taking ocean views from their iconic front porch and restaurant. You will have time for shopping and exploring.

YOU DO NOT HAVE TO BE FROM HAMILTON TO JOIN ANY TRIP!

All trips leave from and return to the Hamilton COA. For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: charles.chivakos@verizon.net. *Please be aware that there are **NO** refunds when you cancel your reservation. You are responsible for finding someone to take your place and be reimbursed by them directly. The COA maintains a "wait list" for our full trips and will make every effort to put you in touch with someone who wants to go on that trip.*



The Council on Aging would like to thank State Representative Brad Hill; the Hamilton Fire Department; Cherry Farm Creamery; along with Selectmen Jeff Hubbard and Scott Maddern, for the best ever BBQ celebration on Friday, June 16th. Entertainment was paid for by former COA Chairman Tom Hever and featured WBZ radio personality Mel Simons. Rep. Brad Hill sponsored the cook-out, while Cherry Farm Creamery donated 50 hot fudge sundaes for dessert for a capacity crowd at the senior center. A good time was had by all!



Outreach Corner



By Lucy Frederikson, Outreach Coordinator

Lower back pain: we all have it; we all complain about it; but what is it and what can we do about it?

Most back pain in older folks is likely due to one or both of two conditions: degenerative osteoarthritis and spinal stenosis. You should see your doctor if the pain is not in your lower back and to rule out pain associated with any other condition or a side effect of medication, and to get a referral for physical therapy, if necessary.

Degenerative osteoarthritis, which we will call arthritis, is an age-related breakdown of cartilage between the facet joints of the spine. We can have, and many do, arthritis of any joint, so we know the symptoms: stiffness, mostly in the morning and evening; interrupted sleep; possibly localized tenderness; aches, made worse by activity; and the real biggie, loss of flexibility, all of which can get worse as we age. At its worst, arthritis in the spine can lead to sciatica, leg pain when walking and standing that is relieved by sitting down. Sciatica can lead to weakness, numbness, and tingling from your back down to your buttocks and legs.

Lumbar spinal stenosis and degenerative spondylolisthesis are caused by narrowing of the spinal channels through which the nerves pass, which puts pressure on the nerves, especially where the nerves exit the spine. As a result, the nerves become irritated and inflamed.

SHINE (Serving the Health Information Needs of Elders)

If you need information on Medicare, either signing up or needing other help, please call. I am a state-certified Medicare counselor and have lists of available options and eligibility for programs to reduce insurance and medical costs. As a reminder, Medicare Open Enrollment starts Oct. 15 and you can change your supplement and prescription plan choices to start on Jan. 1; I can help with using Medicare's Plan Finder application. Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595

Treatment for both has some specific and some overlapping non-invasive and self-directed actions. **To reduce pain, the dual focus seems to be get exercise to keep the joints flexible, and to reduce weight on the joints.** For arthritis, stretching, especially for the hamstrings, hip joints, and lower back, is the best exercise. Water therapy (swimming and water aerobics) allows the affected joints and spine to do more with less weight. Chiropractic has been found to have some success, as well as taking acetaminophen (Tylenol) and non-steroidal anti-inflammatory drugs (NSAIDs; ibuprofen, aspirin, and naproxen). For spinal stenosis, you can get some pain relief by leaning forward when you walk, using a cane, walker, or even a shopping cart. Several health sites recommend developing an exercise program, possibly with the help of a physical therapist, with modifications where necessary for each individual. NSAIDs reduce inflammation of the nerves; epidural injections of pain-reducing/anti-inflammatory/steroidal drugs can provide greater relief for an extended period of time. Surgery is available, but is considered more as a last resort: spinal fusion to stop joint motion, or a number of invasive procedures to decompress the spinal nerves.

Take Off Pounds Sensibly (TOPS) already meets weekly at the Senior Center to help with weight loss. For exercise, the ever popular Chair Yoga is offered on Monday mornings and Gentle Joints on Friday mornings. This fall, the Senior Center is planning on having available a number of self-directed exercise tapes so that residents over 60 can come in by themselves or in a group to "take an exercise class." DVD topics will explore chair yoga, walking and Tai Chi as exercise options. Look for announcements in later newsletter editions!

The Acord Food Pantry has donated pre-packed boxes of basic non-perishable food that Seniors can pick up (free of cost) at the Senior Center for their own use or for others that they know who might be in need.



Looking for Class Photos

If you have visited the Senior Center in the last two years, you will have noticed that we are collecting class photos from our Senior Citizens. We are currently have the following years hanging on the wall: 1930, 1935, 1936, 1937, 1939, 1940, 1946, 1947, 1948, 1949, 1953, 1954, 1955, 1956, 1957, 1959, 1960, 1961, and 1962

We are hoping that you have your own class photo that you would let us borrow to make a copy and then hang the copy in the Senior Center. If you have a photo not already on display of classes before 1974, please contact Mary Beth.

August 2017 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Bolded items are activities or programs which are unique or not scheduled weekly Underlined items require sign-up or reservation </div>	1 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	2 8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness	3 12:00 <u>Lunch</u> 1:00 Movie: "Nocturnal Animals"	4 8:45 TOPS No Gentle Joints 12:00 <u>Lunch</u>
7 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club	8 9:00 Sen Tarr Constituent Visit 10:00-Audiologist 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	9 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Social Hour 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness	10 7:30 Block Island Trip 12:00 Low Vision Group at Henderson's 12:00 <u>Lunch</u> 1:00 Movie: "Beauty and the Beast" 2:00 Knitting @ Wenham COA	11 8:45 TOPS No Gentle Joints 12:00 <u>Lunch</u>
14 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	15 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	16 10:00 Open House 10:30 Breakfast and Presentation by Brookdale Assisted Living 11:00 Free Produce Market 12:00 <u>Lunch</u>	17 12:00 <u>Lunch</u> 1:00 Movie : "The Zookeeper's Wife"	18 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
21 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	22 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	23 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Songbirds of NE 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness	24 12:00 <u>Lunch</u> 1:00 Movie: "Silence" 2:00 Knitting @ Wenham COA	25 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
28 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	29 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	30 10:00 Open House 10:30 Conservation Commission Coordinator 11:00 Free Produce Market 12:00 <u>Lunch</u> 12:30 Legal Clinic 1:00 Parkinson's Fitness	31 12:00 <u>Lunch</u> 1:00 Movie: "Lion"	

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

Please call or email if you do not want to be on
this mailing list. (978)468-5595, mlawton@hamilton.ma.gov

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Deliver to addressee or current resident

The Town of Hamilton provides the Senior Center for you if you are 60 years old or more. The Council on Aging invites your participation in all that is offered and encourages your input and involvement.

FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

Senior Center Movie DVD Library list is posted on entry bulletin board. Seniors may borrow movies for 3 days. We also have a large book library. Come and check it out!



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

Booking Line Phone Number: 978-281-6955, 24-hour open dispatch line

Cost: **FREE** for medical appointments. **\$3.00** round-trip for non-medical trips. Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 8 am until 4:00 pm (late appointment accepted if necessary)

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

 **BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP**

Points: Beverly, Hamilton, Wenham, Ipswich, Salem, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

Daily Senior Lunches

SeniorCare serves daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 48 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.



Lunch Menus are at the front desk of the Senior Center and can be found on-line at www.hamiltonma.gov/government/council-on-aging

"The Hamilton Hamlet" is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the Hamlet's publisher, produces "The Hamilton Connection" free of charge with additional information that may be of interest to seniors.

Attorney Matt Karr's Law Clinic at 12:30 PM on the last Wednesday of the month. Call or email Mary Beth for appointment.