

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982

Phone: 978-468-5595



"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

Town Manager

Joe Domelowicz

Center Staff

Mary Beth Lawton,

Director

Lucy Frederiksen,

Outreach

Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Betty Gray

Linda Spong

Stacey Verge

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.

Chopped Competition Coming in September

Join the Hamilton Council on Aging on Friday, September 13th, as we hold our second Chopped Competition at the Patton Homestead from 10 to noon. Four teams of two people will receive a mystery ingredient to use in making a meal. ACORD Food Pantry will be partnering with us on this event and providing a pantry of food the teams can use to create their meal. Teams will have 30 minutes to create and cook their meal. Guest judges will choose the winning team and prizes will be awarded. If you would like to sign up to be on a team, call Mary Beth at 978-468-5595 to sign up. Refreshments will follow the judging. Reservations are needed, so please stop by or call to make sure you reserve your spot.



Lunch is served at 12:00 pm daily Monday through Friday. Please make a reservation with Kim at 978-468-2616 by 10:00 am on the previous day. Donation \$2.

Construction

Please be aware that there will be construction going on during the week of July 8th. A wall is being constructed between the activity room and the rest of the area. It is anticipated that the construction will take a week. Classes and activities will continue as usual only on the side of the building where the dining room tables are located. Thank you for your patience until construction is finished."

Heritage Films

Historical

Presentations

This Month:

Vaudeville, a History.

The second Tuesday of every month Dan Tremblay will bring a historical film to the Senior Center, which he himself has made, edited and narrated for the enjoyment of our seniors who have welcomed him with open arms at past Open House events.

If you like history even a little and love to see well-produced films about incredibly interesting true life subjects of all kinds, that will have you emotionally involved, and utterly amazed, check out Dan's films.

Each month will bring a new subject. July will feature "Vaudeville, a History." The program starts at 10:45 and will run until 11:45. These events are FREE! Light refreshments will be served.

Do You Have a Cell Phone?

Please let Mary Beth know if you do not have a cell phone. We are trying to ensure that all of our senior residents have a way to be contacted when the power goes out and a Code Red message can be sent on their cell phone to let them know of updates and that the shelter is open. You must meet the Circuit Breaker guidelines to be eligible for a free cell phone.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

July 3

Bingo and Hot Dogs

July 10

Presentation by Clear Captions
(a phone system for the deaf and hard of hearing)

July 17

Fireman's Cookout for Seniors

July 24

Open Social Hour or Trivia

July 31

Home Care Solutions



Balance, Bands and Strength Wellness Class 11 - 11:45 am

Join us on the 4th Tuesday of every month at 11:00 -11:45 for a brand

new HCOA wellness offering in partnership with the Gordon College Center for Balance, Mobility and Wellness. Through the use of bands and your own body weight, you will become stronger, better balanced and will feel better as a result of this 45 minute offering. You will also learn exercises to implement at home for your continued stability and well-being. Taught by nationally Certified Personal Trainer Sara Twombly, BS, ACSM-CPT, you will leave each session energized and educated.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

July 11 "Mrs. Wilson" Ruth Wilson, Iain Glen, Calam Lynch

Drama, Mystery. The drama follows Alison Wilson who thinks she is a normal, happily married woman. But when her husband Alec suddenly dies, a woman turns up on her doorstep, claiming that she is the real Mrs. Wilson. Alison is determined to prove the validity of her own marriage - and Alec's love for her - but is instead led into a world of dark and troubling secrets. Alec was a British spy and a best-selling novelist and Alison is pushed to the very brink to find out the truth.

July 18 "Apollo"

Documentary, History. A look at the Apollo 11 mission to land on the moon led by commander Neil Armstrong and pilots Buzz Aldrin and Michael Collins.

July 25 "Let There Be Light" Kevin Sorbo, Sam Sorbo,

Drama. For all his far-reaching fame, Sol Harkens, the world's most famous atheist, is a lonely soul and a lousy part-time dad. After a near death experience challenges his simplest assumptions about this world, Sol finds his purpose and re-imagines his life, in a film that will make you laugh and cry and want to stand up and cheer.

July Luncheon Specials



Traveling Chef is on hiatus for the summer

SeniorCare Special

Thursday, July 18 at Noon

"Summer Picnic"

The SeniorCare Special this month is a menu of tarragon chicken salad and egg salad finger sandwiches; potato salad; coleslaw; fruit salad. Donation is \$2. Please make a reservation by July 16 with Kim at 978-468-2616.



Preview of August Luncheon Special

SeniorCare Summer BBQ Special - August 14 -

Hamburgers, hot dogs and the fixings.

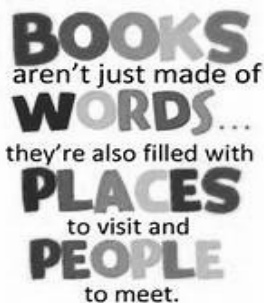
If you are interested in the August special, it is never too early to make your reservation with Kim.

Can You Help? We Need:

- Coffee and Tea K-Cups
- Canes in good condition

The Hamilton Foundation (THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 01936. Through financial support and referrals, THF helps Hamilton residents when unexpected emergencies occur. THF provides up to \$750 for urgent, short term problems such as: Mortgage or rent assistance, Emergency home repairs, Emergency heating and utilities, Temporary transportation, Food and nutrition, Home health care, Prescription medicine and medical supplies.

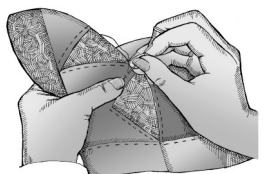
Senior Center Activities



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!



QUILTING GROUP

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 off your chest, sound off, say what's on your mind.

The Hamilton-Wenham Low

Vision Group will

meet on Thursday, July 18. As a special event, the group will



meet at the **Wenham COA, 10 School St, Wenham, at 11:45 am** for lunch and conversation focusing on **cataracts**, to continue our series of low vision discussion topics. Anyone concerned about cataracts, or recently diagnosed with cataracts, is welcome to join us to share experience, tips, and resources. Lunch reservations are due one week before the event, call either 978-468-5595 (Hamilton) or 978-468-5534 (Wenham). Thank you!

This group is open to residents of Hamilton and Wenham who have low or no vision; family members are welcome to attend also, and those from surrounding towns without a local low vision group. Our group combines "business with pleasure," by scheduling speakers and entertainment opportunities, monthly. We have also developed and maintain a resource book on local services for macular degeneration, glaucoma, and other vision disorders, and providers in the North Shore.



Artist's Open Studio "A Supportive Place to Create" Wednesday Afternoons 1 - 4 pm

Artist's Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring all your own materials in any medium: pencils, watercolors, oils, pen and ink, pastels, acrylics. Nothing provided and nothing expected except your commitment to work on your own project. Let's get creative! A supportive environment is guaranteed. Questions? Call or email katharinepickering11@gmail.com or (978) 473-9818.



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 take-home book library. Come and check it out! See Mary Beth.

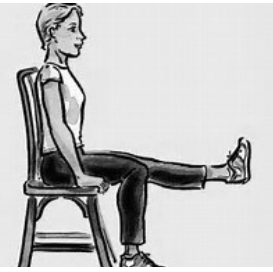


Cribbage

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

The Senior Center would appreciate donations of coffee and tea K-cups.

Health and Wellness



Chair Yoga Monday Mornings at 10:30

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

Gentle Joints Friday Mornings at 10:00

Gentle Joints is an 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.

How is Your Balance?

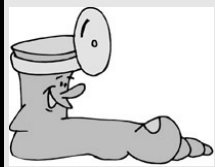
Free Assessment Monday, July 8

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 10:30 to 11:30 to do free assessments of your risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, become or remain independent throughout your daily life. You will receive helpful hand outs on:

- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

Screening is performed on a first come, first served basis and takes approximately 8 minutes.

The Center will be doing screening in Hamilton every month.



Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Wenham Senior center August 28th Appointments are scheduled 15 minutes apart starting at 9:00 am. The Wenham COA will book all appointments at 978-468-5534. Bring Insurance Card. The last date for a podiatry appointment in 2019 is October 30th at the Hamilton Senior Center



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.

Audiology

Our audiologist, Dr. Cara Capozzi, will be conducting monthly hearing screenings at the Hamilton Senior Center on the first Monday of each month. No appointment needed. Screenings will be available starting at 9:00.



Meet Your Council on Aging Board

(from left to right)-Linda Spong, Betty Gray, Nancy Longval, Penny Wingate, Secretary, Stacy Verge, Steve Walsh, Vice-Chairman, Sherry Leonard, Chairman. Please let us know how the COA can help you. Board meetings are on the first Wednesday of the month from 8:30-9:30 am at the Senior Center.



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 978-468-7253

Outreach Corner

What is a Council on Aging? According to the Massachusetts state web page, Councils on Aging are “350 municipal agencies that provide local outreach, social and health services, advocacy, information and referral for older adults, their families and caregivers. Councils on Aging and Senior Center provide support services to elders, families and caregivers in the community.” So, despite differences in communities, Senior Center buildings, and size of aging populations, Councils on Aging focus on similar goals throughout the state.

Here in Hamilton, the Council on Aging mission is printed on the masthead of the newsletter; and for those who visit the Council on Aging (COA), it is printed on the wall over the doors to the kitchen and the Director’s office. Here it is again: “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’s COA is part of a wider network at both the state and the national level. You can find out more about the Massachusetts Council on Aging at www.mcoaonline.com, which describes itself as a “nonprofit, membership association of the 350 municipal councils on aging and senior centers. Councils on Aging are the first stop on the continuum of care. We support the 1.7 million older adults, 60 and over in Massachusetts, lead healthy, purposeful lives.” The National Council on Aging, www.ncoa.org, describes their organization as a “respected national leader and trusted partner to help people aged 60+ meet the challenges of aging” and further describes senior centers “as a gateway to the nation’s aging network connecting older adults to vital community services that can help them stay healthy and independent.” The wide variety of programs proposed at the national and state levels, and offered at the community level, includes meals and nutrition, information and referral, health, fitness and wellness programs, transportation services, public benefits, volunteer and civic engagement opportunities, social and recreational

activities, education and art programs, and inter-generational programs. And these are just examples!

So what does this actually mean? You may think the COA is here to offer coffee, bingo, and a few exercise classes, but think again! With the national and state goals in mind, your COA provides programs to help people stay healthy, offers opportunities for socializing at weekly programs and on day trips, hosts SeniorCare’s daily congregate lunch and Meals on Wheels programs, and organizes other special events for education and fun. However, the primary mission is to ensure that seniors in town are safe! Safe in their homes, safe from abuse or neglect, and safe in getting their needs met.

The Town of Hamilton takes seriously the safety of local seniors. The impetus for establishing a COA in town was to support safety of seniors, expanding on the social and recreational programming already established by a group of dedicated volunteers to include staff to work on safety and referral concerns. Our best option for reaching out to seniors with unmet needs is YOU! If your parent, or neighbor, or friend might not be safe, for any reason, or might benefit from support services of some kind, please give us a call! We can reach out to an individual and work with them and their family to help them stay safe and healthy in their home.

The COA staff is set up to provide several levels of intervention and support. If a person’s safety is immediately threatened, COA staff work with SeniorCare, our local aging services provider, which has a responsive staff for protective services and assessment. On a less immediate level, the COA’s outreach services can connect people with contacts and/or applications for affordable housing, fuel assistance, Food Stamps, insurance benefits including Medicare, legal help, SafeLink phones, veterans’ benefits, in-home services, and state and local tax exemptions, to name a few.

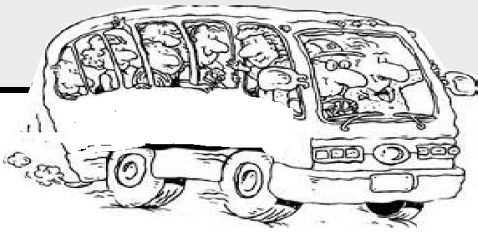
So, yes, it sometimes takes a village to support a senior as well as to raise a child!

Lucy Frederiksen, *Outreach Coordinator*

1 c. Rolled oats
1/2 c. Mini semi sweet chocolate chips
1/2 c. Ground flax seed
1/2 c. Crunchy peanut butter
1/3 c. Honey
1 tsp. Vanilla Extract

NO-BAKE ENERGY BARS

Combine oats, chocolate chips, flax seed, peanut butter, honey and vanilla extract together in bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about one hour. Enjoy!



Day Trips

Here are the trips being planned for 2019. More information is available. Please call Ann at 978-468-4404 or email charles.chivakos@verizon.net for more details or pick up the information at the COA from the Day Trips binder.

July 23

**A Day in Sandwich, MA -
Heritage Museum and Gardens tour, Daniel Webster
Inn , Sandwich Glass Museum
7:30am - 5pm \$90pp**

Heritage Museums & Gardens is the largest public garden in Southern New England . It is located on 100 acres of magnificent grounds and trails on the banks of Shawme Pond in Historic Sandwich. We will have a **1 hour guided walking tour** featuring 50 artifacts and memories about its history, its people, and hopes for its future selected by people with a deep appreciation for Heritage. You will also have time to browse the beautiful gardens and grounds which covers 100 acres, spend more time in the Antique car collection or even ride the 1908 Antique Car-ousel! The Sandwich Historical Society and its Glass Museum collects, preserves, and interprets the history of the Town of Sandwich, MA, the oldest town on Cape Cod . Named one of the top 1% of restaurants in the country, the Daniel Webster Inn is always a renowned experience. **The Buffet lunch includes Greens Salad with House Dressing, Chicken Coq a Vin, Pasta Primavera, Broiled Schrod, Potato, Seasonal Vegetable, Chocolate Tuxedo Mousse Cake, Coffee or Tea.** For a fun and memorable day, join us! This trip is by **large luxury motor-coach**. Checks payable to Royal Tours, LLC.

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.*

August 22

Portland Land and Sea Tour

Step-on-Guide bus tour, lunch, lighthouse lover's boat tour, lunch at Old Port Sea Grill with Stacy from Royal Tours
Date: Thursday, August 22 Time: 7:30am -5:30pm Cost \$89
Today's tour begins with a trip to Portland , Maine for a **guided area tour** of this intriguing and historic city. On this tour of Portland, Maine's largest city-by-the-sea, you'll see views of Longfellow's boyhood home, sea captain houses and the elegant Victoria Mansion as you drive through historic neighborhoods overlooking the islands of Casco Bay in Portland Harbor. Once your tour is done, you will be having **lunch at the Old Port Sea Grill**. Located in the heart of Portland 's historic old port district - we will love the food and excellent service here. We'll have **New England Clam Chowder, your choice of Baked Stuffed Chicken Marsala or Baked Schrod, Vegetable, Roasted Potatoes, Chef's Choice Dessert, Coffee, Tea or Soda.** After lunch, we will have a **1-hour Lighthouse Lovers Cruise**. Enjoy this narrated 60-minute scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals, and seabirds! Come aboard; take in the salt air, and spectacular sights, while enjoying the best narrated cruise around!

September 25


Telephones, Lakes and Native Americans!

Date: Wednesday Sept 25 Cost: \$102.00 Time: 7:45AM - 6:30 PM

The tour operator for this trip is Cheryl Tobey from All Around New England. We will begin our day with a visit to the **New Hampshire Telephone Museum**. Next we board the **MV Kearsarge**, a replica of a Victorian era steamboat, which has been sailing the waters of Lake Sunapee for over 30 years. Lunch will be on board, which will consist of a salad bar, baked stuffed chicken breast, vegetable lasagna, potato, assorted cakes, & coffee. Our last stop, the **Mt. Kearsarge Indian Museum**.

July 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Chair Yoga 9:00 Audiologist 12:00 <u>Lunch</u> - Oven-fried Chicken ` w/gravy 1:00 Readers Club	2 12:00 <u>Lunch</u> - American Chop Suey 1:00 Quilt & Kvetch	3 8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Tuna Salad 1:00 Artist's Open Studio	4 Closed for Independence Day Holiday	5 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Chicken Cordon Blue
8 10:30 Balance Assessment 10:30 Chair Yoga 12:00 <u>Lunch</u> - Sweet and Pork Loin 1:00 Cribbage	9 10:30 Heritage Films: Vaudeville 12:00 <u>Lunch</u> - Sweet and Pork Loin 1:00 Quilt & Kvetch	10 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Presentation by Clear Captions 12:00 <u>Lunch</u> - Mac & Cheese 1:00 Artist's Open Studio	11 12:00 <u>Lunch</u> - Beef Stew 1:00 Movie: "Mrs. Wilson" 2:00 Craft Circle @Wenham COA	12 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Turkey Cranberry Salad
15 10:30 Chair Yoga 12:00 <u>Lunch</u> - Honey Balsamic Chicken 1:00 Cribbage	16 12:00 <u>Lunch</u> - Turkey w/Gravy 1:00 Quilt & Kvetch	17 10:00 Open House 10:30 Firemen's Cookout 12:00 <u>Lunch</u> - Meatloaf w/gravy 1:00 Artist's Open Studio	18 11:45 Low Vision Group At Wenham COA 12:00 Summer Picnic Special - tarragon chicken salad and egg salad finger sandwiches	19 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Rib Q
22 10:30 Chair Yoga 12:00 <u>Lunch</u> - Carolina Pulled Pork 1:00 Cribbage	23 11:00 Strength and Balance Class 12:00 <u>Lunch</u> - Stuffed Shells 1:00 Quilt & Kvetch Trip to Sandwich	24 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Open Social Hour 12:00 <u>Lunch</u> - Steak (julienned roast beef) 1:00 Artist's Open Studio	25 12:00 <u>Lunch</u> - Terriaki Chicken Meatballs 1:00 Movie: "Let There Be Light" 2:00 Craft Circle @Wenham COA	26 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Lemon Citrus Chicken Sub-
29 10:30 Chair Yoga 12:00 <u>Lunch</u> - Chicken Meatball Sub 1:00 Cribbage	30 12:00 <u>Lunch</u> - Turkey w/gravy 1:00 Quilt & Kvetch	31 10:00 Open House 10:30 Home Aide Care Solutions 12:00 <u>Lunch</u> - Beef Hot Dog 1:00 Artist's Open Studio	 Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation	

Hamilton Council on Aging
P O Box 429
Hamilton, MA 01936

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



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

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

Cost: \$3.00 round-trip for non-medical trips. **FREE** for medical appointments and trips to and from the Senior Center. 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.