

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

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.



Tech Time starts up again on the last Wednesday of the month from 9 to 10:30. The COA is partnering with the Miles River Middle School to bring this monthly tech seminar to Hamilton seniors. Bring your laptops, cell phones and tablets.

You have been asking for our tech program to be a regular feature and now it is! So, bring your laptops, cell phones and tablets and let our students work with you to help you understand better the technology you own.

What's Happening on Beacon Hill? : Update from Senator Tarr Friday, October 25 at 12:30pm

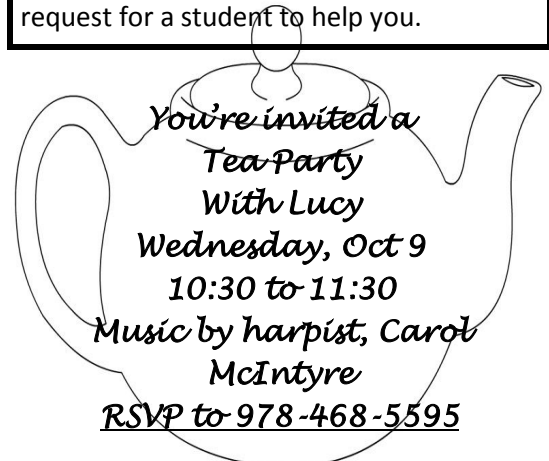


Join Senator Bruce Tarr for a Hot Dog and Ice Cream Social with at the Senior Center, Friday, October 25th beginning at 12:30. The COA would like to buy you lunch that day but please note that lunch is being served at **12:30**, not our usual time of noon. Senator Tarr will update his constituents about what is happening on Beacon Hill. He is also providing the hot fudge sundaes with ice cream by Richardson's Dairy. Please call 978-468-2616 to make your reservation.



Generals For Generations

"Generals for Generations" will be returning in October to help seniors in Hamilton. This program is a partnership with the Hamilton-Wenham Regional High School. Honor Society students will be going to the homes of seniors weekly starting Saturday, October 6th from 10:00 to 11:00 AM to help with chores and small projects around the house. Please note that the day and time is a change from last year's programs. We are very proud of the fact the National Honor Society has recognized this worthy club at the High School and the good work these students are performing for our seniors. Please call Mary Beth at 978-468-5595 to make your request for a student to help you.



Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

October 2

Bingo and Hot Dogs

October 9

Tea Party with Lucy and harp music (Please sign-up with Mary Beth if you are coming. We need a head count.)

October 16

Presentation of grant award from Foundation Trust President Dr. Joseph Spinazzola to Hamilton COA for cell phones

October 23

Savvy Care Giver Program presented by Senior Care

October 30

Dan Tremblay—Ghost Stories

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Oct 3 "Chernobyl 1—10:23:45" Dougie McMeekin, Jamie Sives, Michael Socha

Drama, History, Thriller. Valery, Boris and Ulana risk their lives and reputations to expose the truth about Chernobyl.

Oct 10 "Chernobyl 2—Please Remain Calm"

With untold millions at risk, Ulana makes a desperate attempt to reach Valery and warn him about the threat of a second explosion.

Oct 16 "Chernobyl 3—Open Wide, Oh Earth"

Valery creates a detailed plan to decontaminate Chernobyl; Lyudmilla ignores warnings about her firefighter husband's contamination.

Oct 24 "Chernobyl 4—The Happiness of All Mankind"

Valery and Boris attempt to find solutions to removing the radioactive debris; Ulana attempts to find out the cause of the explosion.

Oct 31 "Chernobyl 5—Vichnaya Pamyat"

Valery, Boris and Ulana risk their lives and reputations to expose the truth about Chernobyl.

October Luncheon Specials



Traveling Chef

Wednesday, October 23 at Noon

"American Carvery"

The Traveling Chef this month is herbed roasted turkey, pan gravy, baked potato with sour cream, whole buttered green beans, pound cake with mixed berry sauce, parker house roll. Make your reservation with Heidi at 978-468-2616 by 10am on the previous day. Donation is \$2.

SeniorCare Special

Thursday, October 31 at Noon

"Autumn Fest"

The SeniorCare Special this month is a menu honey garlic porkloin with sauce, roasted root vegetables, autumn stuffing, with cranberries and apple, apple pie, sourdough roll. Donation is \$3. Please make a reservation with Heidi by Sept 11 at 10:00am at 978-468-2616.



The Senior Center needs:

- ◆ coffee and tea K-cups
- ◆ canes in good condition
- ◆ gently used wheel chairs

Flu Vaccine Clinic's Scheduled



Sponsored by the Hamilton & Wenham Board of Health

October 2 from 3:00 p.m. to 6:00 p.m.

Hamilton Senior Center – 299 Bay Road, Hamilton

October 16 from 4:00 p.m. to 7:00 p.m.

Buker Elementary School – 1 School Street, Wenham

October 24 from 3:00 p.m. to 6:00 p.m.

Miles River Middle School Cafeteria – 787 Bay Road, Hamilton

November 5 - 3:00 p.m. to 7:00 p.m.

Hamilton-Wenham Public Library – 14 Union Street, Hamilton

- Clinics are opened to 4 years of age and older
- Vaccine is free to everyone
- Please bring insurance cards
- Wear short sleeves or loose fitting sleeves

Questions call:

Hamilton Board of Health 978-468-5579

or

Wenham Board of Health 978-468-5520 x4

Senior Center Activities



Artist's Open Studio

Wednesday Afternoons

1-4 PM

Artist's Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring your own materials in any medium; Nothing provided, nothing expected—except your commitment to work on your own project. Let's get creative. A supportive community is guaranteed. This is a drop-in open studio, so come when you can.

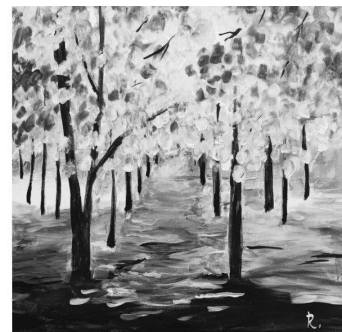
Questions? Call or email katharinepickering11@gmail.com or 978-473-9818

Painting with Robbin

Wednesday, Oct. 9 at 2:30 PM

Robbin McMath will be starting a new painting class like the one Aleah used to teach. The first class is on Wednesday, October 9th at 2:30 pm and will run approximately 2 hours. Robbin will guide you step by step to create your painting. No experience necessary. The COA provides the canvases, paints, easels and brushes. The cost is \$10 for this 2 hour class. Please sign up with Mary Beth to reserve your place.

Here is a small thumbnail of October's painting—a colorful autumn scene:



Quilt & Kvetch*

Tuesdays at 1:00



Janet Wasileski shares her completed quilt with the group. We wish you could see it in color. It's a work of art.

The Quilting Group includes anyone who enjoys quilting, sewing, knitting, crochet, and other handiwork and it is as much about getting together as anything. 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.*

The Hamilton-Wenham Low Vision Group

has expanded to include Essex and each community's Senior Center will take turns hosting our group. It will continue to be moderated by Lucy Frederiksen.

The upcoming schedule for 2019 and 2020:



Sept 19, Oct. 17, Nov. 21, Hamilton Council on Aging, 299 Bay Rd, Hamilton, MA. Call 978-468-2616 for lunch reservations.

Dec. 19, March 19, April 16, Essex Council on Aging, 17 Pickering St, Essex, MA. Call 978-768-7932 for lunch reservations. Van transportation and carpooling are recommended as the building has only on-street parking.

May 14, June 18, July 16, Wenham Council on Aging, 10 School St., Wenham, MA. Again, van transportation and carpooling are recommended as the building shares parking spaces with the Buker Elementary School when school is in session.

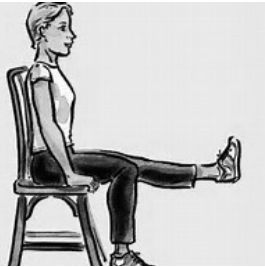
Health and Wellness

**NEW
CLASS**

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.

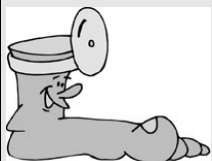


Chair Yoga Monday Mornings at 10:30

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.



Podiatry

The last date for a podiatry appointment in 2019 is October 30th at the Hamilton

Senior Center. Podiatrist, Dr. Van Ess', will start seeing patients at 9:00 scheduled 15 minutes apart. The Wenham COA will book all 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.

How is Your Balance?

Free Assessment Monday, October 8th.

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9:00 to 10:00 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.

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



**TAKE OFF POUNDS
SENSIBLY**

Exercise on Your Own

Don't want to pay for a gym membership? Your Senior Center has exercise equipment you can use for free on your own. Times of use are just limited to times when there is NOT another activity going on in the exercise area. We have a treadmill, recumbent bike, and other equipment to build strength. Come on in and check it out!



Audiology

Our audiologist is on family leave at present but is expected to return later this year.



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.



Sunday, December 8

Holiday Trip to Maine

(Time: 8:30—5:30 Cost: \$99pp)

Get into the spirit as we kick off the holiday season & head north to tour Portland's Victoria Mansion, all dressed in holiday garb. The National Historic Landmark is a Victorian treasure, where each year local designers, decorators, and florists transform the mansion into an over-the-top Victorian holiday showcase. The home itself is a marvelous display of pre-Civil War opulence, but in December they

jump into the holidays to create a truly awe inspiring wonderland - this is definitely an "ooh and aah" stop!

Next we will enjoy a Sunday Buffet Brunch at a local restaurant north of Portland. Legend has it that many years ago, the tug-boat Portland slowly wound its way up the nearby Cousins River. Its destination was Yarmouth, and its purpose was to provide a place for good food, drink, and hospitality. A harsh nor'easter besieged the boat at its mooring and strong winds grounded and overturned her. Although the Portland is gone, its spirit lives on in the historic spot where we will enjoy the view and some great food!

Our last stop will be at a local **Art Museum** to enjoy their annual Festival of Trees. This community event is held to benefit their programs & outreach throughout the year, and will feature lovely and lovingly decorated trees and wreaths that will fill the Museum's Main Gallery. The rest of the museum's historic galleries will also be decorated for the holidays and open for viewing.

Visions of Sugar Plums can dance in your head as you enjoy the trip home!

This trip is great fun, & sure to fill you with Holiday cheer!

Price includes: Motorcoach, driver gratuity, escort, visit to Victoria Mansion and Art Museum, Brunch, and lots of surprises en route! Please make all checks payable to All Around New England, and mail or bring to Hamilton Senior Center, 299 Bay Road, Hamilton, MA 01982. Leaves from Hamilton Senior Center.

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.*

BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

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!

Press Release

The Hamilton Council on Aging Director Mary Beth Lawton is pleased to announce receipt of a grant from the Foundation Trust of Melrose, MA for \$2000 for the acquisition of cell phones for needy seniors in the Town of Hamilton. On October 16, 2019, Dr. Joseph Spinazzola of the Foundation Trust will make an official presentation of the award at the Council on Aging Senior Center, 299 Bay Rd, Hamilton, MA. The public is welcome to attend; refreshments will be served.

Many elderly residents do not have cell phones because they are on fixed incomes and/or their capital is tied up in their major asset, their home, and the concomitant property taxes for that home. In her grant request to the Foundation Trust, Lawton cited local statistics: "45% of seniors age 65 and over have an income below \$40,000 in Hamilton" with "taxes of almost \$9,000 per year" (based on the median house value of \$518,000) as cause for the economic pressure resulting in choices between paying taxes or purchasing a cell phone and plan. Having a cell phone would allow seniors to keep in touch during weather and town emergencies, when land lines and power is out.

Lauren Liecau, Manager of Outreach and Development at the Foundation Trust noted that "the Foundation Trust is proud to support the Hamilton Council on Aging with a grant that will enable them to purchase dozens of cell phones for Hamilton area seniors. We applaud the work they are doing to keep these members of the community safe and connected."

As a result of partnerships between the Council on Aging and the town Public Safety Departments, two programs for elders were developed: TOPSS, or Talks On Public Safety for Seniors, a series of presentations at the COA on safety issues given by members of the Police and Fire Departments; and Are You Okay?, a service that allows frail and elderly residents to sign up for a wellness check twice a day to ensure their comfort and safety when power has been lost. Lawton discovered that the majority of our seniors have only land lines and no way to receive a Code Red notification or a wellness check without a cell phone when land lines are down. The senior center becomes the Town of Hamilton Day Shelter when power is lost, and it is imperative that seniors know that building is available to provide food, recharge devices and allow those on oxygen a place to plug in. In addition, seniors' use of the contracted senior van program, provided by the Beauport Ambulance in Gloucester, would be improved if they had cell phones, to confirm pickup times and any changes to the originally scheduled times.

The COA already has in place a program to educate elders on cell phone use, with the intergenerational Tech Time with students from Hamilton-Wenham Regional High School and Miles River Middle School, who spend several hours monthly demonstrating to seniors how their phones, tablets, and laptops work. Additionally, Lawton has identified a low-cost cellular service plan for \$10 a month, which might be what the majority of Hamilton's older residents could afford.

The Foundation Trust is a private philanthropic foundation serving Greater Boston. In supporting the important work of small to medium-sized nonprofit organizations, the Foundation Trust enhances individual wellbeing and community development. To learn more, visit www.FoundationTrust.org

The Hamilton Council on Aging is a department of the Town of Hamilton whose mission is to create a friendly and safe community for elderly residents by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their wellbeing and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent. One route to support the COA mission is to create and increase community access to town services, decrease social isolation, and foster wellness by providing seniors with a means of communication during times of emergency and travel.

Person responsible for this press release: Mary Beth Lawton, 978-468-5595

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.

SHINE COUNSELING


While Lucy is enjoying her much deserved retirement, she will still be back to volunteer as a SHINE counselor each Wednesday from 9 to noon at the Hamilton Senior center. Call 978-468-5595 to request an appointment with her.



October 2019 Calendar



Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or	1	2	3	4
	12:00 <u>Lunch</u> - Chicken w/ lemon picatta sauce 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Meatloaf w/gravy 1:00 Artist's Open Studio 3:00-6:00 FLU CLINIC	12:00 <u>Lunch</u> - Turkey Cranberry Salad 1:00 Movie: "Chernobyl 1"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> —Beef & Broccoli
7	8	9	10	11
10:30 Chair Yoga 12:00 <u>Lunch</u> - Boneless Chicken 1:00 Readers Club	12:00 <u>Lunch</u> - Turkey a la King 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Tea Party with Lucy 12:00 <u>Lunch</u> - Vegetable pinwheel 2:30 Painting with Robin	12:00 <u>Lunch</u> —Carolina Pulled Pork 1:00 Movie: "Chernobyl 2" 2:00 Craft Circle @Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Ham & Cheese Egg Bake
14	15	16	17	18
Closed for Columbus Day	12:00 <u>Lunch</u> - Yankee Pot Roast 1:00 Quilt & Kvetch	10:00 Open House 10:30 Foundation Trust Grant Award 12:00 <u>Lunch</u> - Rib-Q 1:00 Artist's Open Studio 3:00-6:00 FLU CLINIC	11:00 Low Vision Group 12:00 <u>Lunch</u> —Chicken Pot Pie 1:00 Movie: "Chernobyl 3"	8:45 TOPS 10:00 Gentle Joints 11:30—1:00 Brad Hill Cook-Out
21	22	23	24	25
10:30 Chair Yoga 12:00 <u>Lunch</u> - Salisbury Steak 1:00 Cribbage	11:00 Strength and Balance Class 12:00 <u>Lunch</u> - American Chop Suey 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Savvy Care Giver Program 12:00 <u>Traveling Chef</u> "American Carvery" 1:00 Artist's Open Studio	11:00 <u>Lunch</u> —Roasted Turkey w/gravy 1:00 Movie: "Chernobyl 4" 2:00 Craft Circle @Wenham COA 3:00-6:00 FLU CLINIC	8:45 TOPS 10:00 Gentle Joints 12:30 Hot Dog and Ice Cream Social with Sen. Tarr
28	29	30	31	
10:30 Chair Yoga 12:00 <u>Lunch</u> - Beef Stew 1:00 Cribbage	12:00 <u>Lunch</u> - Spinach and Cheese Frittata 1:00 Quilt & Kvetch	9:00 Tech Time 9:00 Podiatrist / Hamilton 10:00 Open House 10:30 Ghost Stories 12:00 <u>Lunch</u> - Stuffed Pepper 1:00 Artist's Open Studio	12:00 SeniorCare Special "Autumn Fest" 1:00 Movie: "Chernobyl 5"	

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

Pre-Sorted Standard

U.S. Postage Paid

Permit #24

Hamilton, MA 01936

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: **FREE to Hamilton seniors.** Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 9 am until 3 pm.

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed

BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

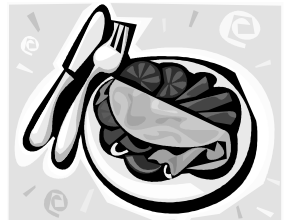
Points: Beverly, Hamilton, Wenham, Ipswich, Rowley, Rockport, Gloucester, Manchester, Essex.

Please note that trips to Salem, Peabody and Danvers have been discontinued.

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 24 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.