

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.

“POLISHED”,

Low - Cost Dental Cleanings for Seniors Comes to You!

Wednesday, September 11



“Polished”, a “come to you” dental cleaning service, will be offering low cost dental cleanings for seniors at the Senior Center.

The clinic will happen four times a year: 9/11/19; 1/16/20; 4/23/20 and 7/16/20. Appointments will be every 50 minutes and will start at 8:30 AM. Cost for this service will be an incredibly low \$49. For anyone who has had their teeth cleaned recently you know that the average cost for cleanings runs between \$125 and a \$150 per visit.

Please call Mary Beth to schedule your appointment 978-468-5595.

Hamilton’s Own *“Chopped Competition”*

Friday,, September 13 at Patton Homestead

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.



You’re invited to
Brad Hill’s Annual Senior Center
Cook Out
Friday, September 20
11:30am—1:00pm
Let Mary Beth know you’re coming
978-468-5595

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

September 4

Bingo and Hot Dogs

September 11

Open House Cancelled for Dental Clinic

September 18

Anne Williams from the Census Bureau

September 25

Lt. Scott Janes —

Hearing Impaired Seniors and Traffic Stops

September Luncheon Specials

Traveling Chef

Friday, September 6 at Noon

"French Dip"



The Traveling Chef this month is roast beef with swiss, horse radish, and caramelized onions, au jus, baguette, sauté whole green beans, arugula salad, with dressing, vanilla custard with topping.

Make your reservation with Heidi at 978-468-2616 by 10am on the previous day. Donation is \$2.

SeniorCare Special

Thursday, September 12 at Noon

"Hawaiian Luau"

The SeniorCare Special this month is a menu of Hawaiian BBQ Chicken with pineapple, red and green pepper, island style fried rice, tropical slaw with Jicama, mango, papaya, scallions, cilantro, red pepper, lime juice, pineapple yellow cake with whipped toping and cherry. Donation is \$3.

Please make a reservation with Heidi at 978-468-2616.

Hot Lunch



Lunch is served at 12:00 pm daily Monday through Friday.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Sept 5 "Mary Poppins Returns" Emily Blunt, Lin-Manuel Miranda, Ben Whishaw |

Comedy, Musical, Family. Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

Sept 12 "Hotel Mumbai" Dev Patel, Armie Hammer

Drama, History, Thriller. A gripping true story of humanity and heroism, HOTEL MUMBAI vividly recounts the 2008 siege of the famed Taj Hotel by a group of terrorists in Mumbai, India. Among the dedicated hotel staff is the renowned chef Hemant Oberoi and a waiter who choose to risk their lives to protect their guests. As the world watches on, a desperate couple is forced to make unthinkable sacrifices to protect their newborn child.

Sept 19 "Amazing Grace" Bruce Davenport Jr., Kirk Dugar Jr., Brandon Franklin

Documentary, Music. A documentary presenting Aretha Franklin with choir at the New Bethel Baptist Church in Watts, Los Angeles in January 1972.

Sept 26 "Rocketman" Steve Coogan, John C. Reilly

Biography, Drama, Music A musical fantasy about the fantastical human story of Elton John's breakthrough years.

Heritage Films Historical Presentations This Month: "Gloucester Sea Serpent & Howard Blackburn"

Dan Trembley's historical film on September 10 will be about Gloucester. The program starts at 10:45 and will run until 11:45.

The second Tuesday of every month Dan Tremblay brings 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.

These events are FREE! Light refreshments will be served.

Senior Center Activities

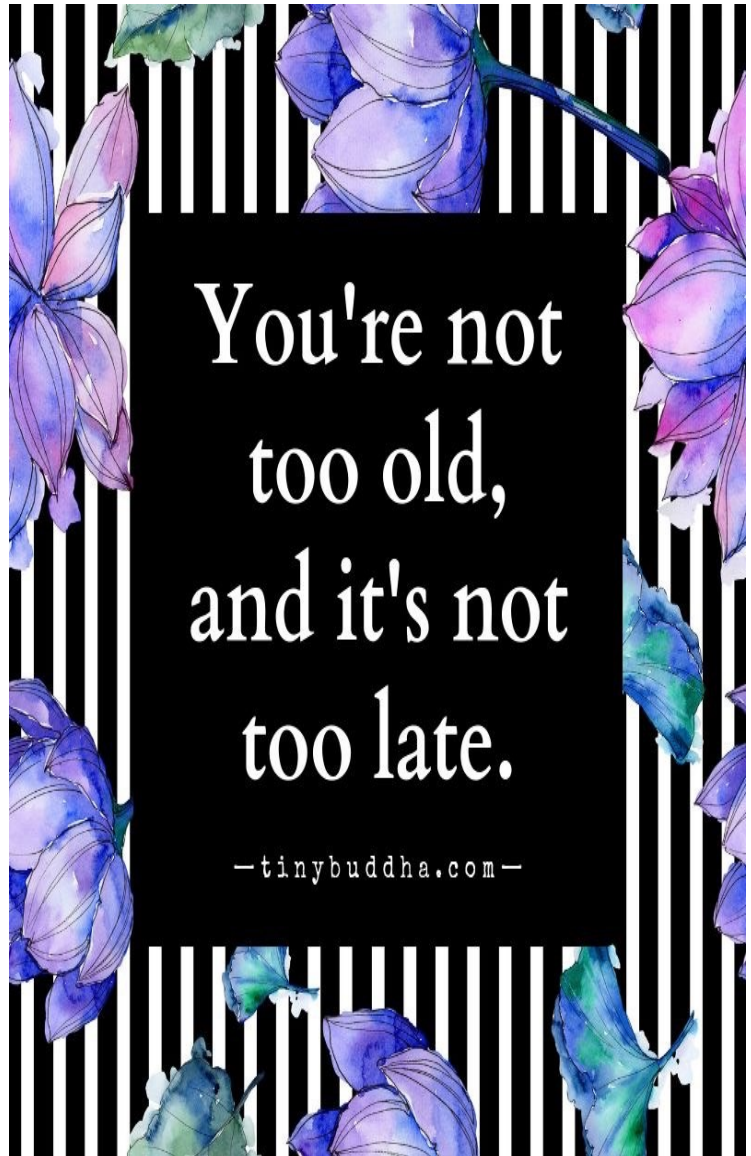
Artist's Open Studio

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.

Questions? Call or email katherinpickering11@gmail.com or 978-473-9818



Readers Club First Mondays at 1:00

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

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!



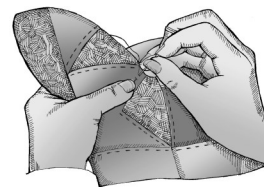
Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.
Please see calendar for dates.

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.



QUILTING GROUP

Quilt & Kvetch* Tuesdays at 1:00

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



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.

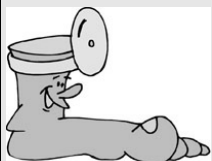


Chair Yoga Monday Mornings at 10:30

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.



Audiology

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

How is Your Balance?

Free Assessment Monday, September 16

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9:00 to 10:30 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.

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 **TAKE OFF POUNDS SENSIBLY** join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253



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!

Outreach Corner

Thanks for the Memories

Thank you all for the memories over the last six years as the Outreach Coordinator and SHINE Counselor at the Hamilton Council on Aging! It has been and continues to be an honor to know you all! Thank you to all of you who took the time to come and say good-bye to me, on your own, and at the lovely party hosted by Mary Beth!

I would like to take this opportunity to say that I will not be COMPLETELY gone! Mary Beth has asked me to stay on as the SHINE Counselor, in a volunteer capacity, to provide assistance with Medicare.

I plan to be here on Wednesday mornings 10 am to 1 pm for appointments and to take and return calls, not for drop-ins. Please call the COA at 978-468-5595 to request an appointment or a return call.

During Open Enrollment, Oct. 15 through Dec. 7, I will expand those hours if necessary to accommodate the need. If you are requesting an online plan search to identify prescription drug plans or Medicare Advantage Plans that have all your prescriptions on the formulary, please plan on being here for about an hour and you MUST bring your Medicare card and list of prescriptions with you! I also have a handout with instructions on how to do the online plan search on www.medicare.gov, if you feel comfortable doing one yourself. This is important for those new to Medicare, who are not covered by active employment group insurance, and take medications; and those already on Medicare looking to change their current Medicare choices.

Low Vision Group

I have also been invited by the Hamilton, Wenham, and Essex Councils on Aging to continue to run the Low Vision Group. All of the meeting will be on the third Thursday of the month, from 11-1. Each meeting will be followed by an optional lunch for which you must make a reservation. If there are any changes to this schedule, check your newsletter for the most current information.

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.

The group will continue its practice of taking a hiatus in January and February for weather.

Lucy Frederiksen,

Coordinator of Social Services and Outreach

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.

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.

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.

Wednesday, 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**.

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 tugboat 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.

September 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed For Labor Day	3 12:00 <u>Lunch</u> - Stuffed Shells 1:00 Quilt & Kvetch	4 8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Roast Beef 1:00 Artist's Open Studio	5 12:00 <u>Lunch</u> - Teriyaki Chicken Meatball 1:00 Movie: "Mary Poppins Returns"	6 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Traveling Chef</u> "French Dip"
9 10:30 Chair Yoga 12:00 <u>Lunch</u> - Pasta w/ Meat Sauce 1:00 Readers Club	10 10:45 Heritage Films: Gloucester Sea Serpent & Howard Blackburn 12:00 <u>Lunch</u> - Turkey w/ gravy 1:00 Quilt & Kvetch	11 9:00 <u>DENTAL CLINIC</u> (no Open House) 12:00 <u>Lunch</u> - Beef and Cheese Sub 1:00 Artist's Open Studio	12 12:00 SeniorCare Special "Hawaiian Luau" 1:00 Movie: "Hotel Mumbai" 2:00 Craft Circle @Wenham COA	13 8:45 TOPS 10:00 <u>CHOPPED COMPETITION AT PATTON HOMSTEAD</u> 10:00 Gentle Joints 12:00 <u>Lunch</u> - Egg Salad
16 9:00- Balance Assessment 10:30 Chair Yoga 12:00 <u>Lunch</u> - Swedish Chicken Meatball 1:00 Cribbage	17 12:00 <u>Lunch</u> - Tarragon Chicken Salad 1:00 Quilt & Kvetch	18 10:00 Open House 10:30 Census Bureau 12:00 <u>Lunch</u> - Vegetable Pinwheel 1:00 Artist's Open Studio	19 12:00 <u>Lunch</u> —Hamburger 1:00 Movie: "Amazing Grace"	20 8:45 TOPS 10:00 Gentle Joints 11:30—1:00 <u>Brad Hill Cook-Out</u>
23 10:30 Chair Yoga 12:00 <u>Lunch</u> - Orange Bourbon Chicken 1:00 Cribbage	24 11:00 Strength and Balance Class 12:00 <u>Lunch</u> - American Chop Suey 1:00 Quilt & Kvetch	25 8:30 <u>Trip to NH</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Police Lt. Janes 12:00 <u>Lunch</u> - Tuna Salad 1:00 Artist's Open Studio	26 11:00 Low Vision Group 11:00 <u>Lunch</u> —Beef Stew 1:00 Movie: "Rocketman" 2:00 Craft Circle @Wenham COA	27 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Chicken Cordon Bleu
30 10:30 Chair Yoga 12:00 <u>Lunch</u> - Pulled Pork 1:00 Cribbage	 <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p><u>Underlined</u> items require sign-up or reservation</p>			

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** transportation for Hamilton residents age 60 and older. 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 (though exceptions can be made if possible.)

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.