

H-W Senior Life

July 2024

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534

On **Fri, July 19th at 1:30pm** at the Wenham COA please join **Special Agents from the FBI's Boston Office** and members of the **Wenham Police** to discuss ways to protect yourself and your loved ones from scams and other forms of cybercrime. Every day, the FBI receives thousands of complaints about fraud schemes targeting the elderly. According to the FBI's Internet Crime Complaint Center (IC3), 2023 total losses reported by those over the age of 60 topped \$3.4 billion, an almost 11% increase in reported losses from 2022. The types of fraud ranges from tech support fraud to romance scams, to crypto currency scams, gift cards and investment scams.

We've been working hard on improvements to our Durable Medical Equipment supply. We just finished planting our raised planter beds and gardens with Zinnias from seed. Our plans for July include an **Ice Cream Social** on **Weds, July 17th at 3pm** and a *Seniorcare* sponsored **Cookout** planned for **July 31st** starting at **12pm**. Please RSVP to Cathy at (978) 468-5534. Heat pumps were installed recently which is a major improvement to our AC output and you are welcome during working hours.

We are moving a few of our activities to new times. **Pickleball** at the **WVIS/Tea House courts** is moving it's time from Weds at 11am to **9am - 11am on Fridays**. Our next kayaking adventure we have tentatively planned for **Fri, August 2nd** and we'll be meeting *Coast to Coast Paddle* at **Salem Wil-lows at 9am**. Our watercolor and acrylic art classes will be held as specified based on vacation schedules. All skill levels are welcome.

Our **Bocce** group led by Joe Scuderi and a great crew who have been very busy on Tues and Thurs from 9:00 –11:30am. You are welcome to come and join us either of these days. During the Summer months we occasionally have matches with rivals from Marblehead on Fridays, but otherwise feel free to drop by on any Tues or Thurs and get to know this great group of people.

Welcome to July-

As I write this we are preparing for a heatwave. Remember the Center is open Monday– Thursday from 8:00am until 4:30. We are also open on Fridays from 8:00—12:00pm. We also work closely with the Police and Fire Department to do checks on residents that want to be checked on during a summer heat wave or a winter storm. If you or your neighbor would like to be added to the list please reach out.

Be mindful when you are outside that you might be at a higher risk for heat stroke. Signs of heat stroke are: Muscle Cramping, unusually heavy sweating, shortness of breath, dizziness, headaches, weakness.

Try to limit your time outdoors to early morning or late afternoon when the sun is not at its peak. Make sure to drink plenty of water. If you have to go outside during the midday try and find shade, wear loosefitting, lightweight clothing. If you think you are suffering from heat stroke, call for help immediately.

If you need help putting in an air conditioner please call and we will make arrangements to have it put in. Theresa & Tim



Wenham Calendar -

MON	TUES	WED	THURS	FRI
1 10:30am Chair Yoga-Zoom with Margaret	2 9:00 - 11:30 Bocce 10:00 - Sing Together! 1pm - Tai Chi for Balance	3 9:00 Walking Club 10:30 Chair Yoga *Zoom 10:30 Caregiver Support w/lunch	4 July 4th! WCOA closed	5 10:00 - FREE Library Book Delivery for H-W Residents 12-3pm Mahjongg
8 10:30am Chair Yoga Zoom w/ Margaret 12 - 1pm Low Vision Support Group	9 9:00 - 11:30 Bocce 9am - Veteran's Board Meeting 10am - Vet Coffee Social Hour! 1pm - Tai Chi for Balance	10 9:00 Walking Club 10:30 Chair Yoga Zoom 1-3 Watercolor Art Class	11 9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce 2-4 Senior Scribblers	12 9:00am Pickleball 10:00 - FREE Library Book Delivery for H-W Residents 1 - 4pm Mahjongg
15 10:30 Chair Yoga Zoom w/ Margaret 11:30 - 1pm LICSW Office Hours <i>Jessie Palm</i>	16 9:00 - 11:30 Bocce 10 & 11 am - iPad & iPhone Help 10am - Dementia Friends Intro 1pm - Tai Chi for Balance	17 9:00 Walking Club 10:00 Acrylic Art 10:30am Chair Yoga Zoom 3pm - Ice Cream Social RSVP	18 9m Yoga Dianna (Zoom) 9:00 - 11:30 Bocce	19 9:00am Pickleball 10:00 - FREE Library Book Delivery for H-W Residents 1:30pm - FBI Lecture on Cyber Security and Scams
22 10:30am Chair Yoga-Zoom with Margaret	23 9:00 - 11:30 Bocce 1pm - Tai Chi for Joints	24 9:00 Walking Club 10:30am Chair Yoga 1-3 Watercolor Art Class	25 9:00 - 11:30 Bocce 9am Yoga Dianna (Zoom) 10 & 11am - iPad & iPhone Help 2-4 Senior Scribblers	26 9:00am Pickleball 10:00 - FREE Library Book Delivery for H-W Residents 1 - 4pm Mahjongg
29 10 & 11am iPad & iPhone Help 10:30am Chair Yoga-Zoom with Margaret	30 9:00 - 11:30 Bocce 1pm - Tai Chi for Joints	31 9:00 Walking Club 10:30am Chair Yoga 12 pm Cookout by <i>Seniorcare</i>		

Hamilton Calendar

MON	TUES	WED	THURS	FRI
1 10:00 Qigong 12:30 Acord 12:30 Knitters	2 9:00 Yoga 12:00 Lunch* 12:30 Needle workers 3:00 National Watermelon Day	3 9:00 Board Meeting 10:30 BINGO 11:15 Pickleball 12:00 Lunch*	4 Closed for 4th of July	5 8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio
8 10:00 Qigong 12:00 Lunch with the Friends 12:30 Knitters 3:00 Karen Gertsen Author	9 9:00 Yoga 12:00 Lunch* 12:30 Needle workers 3:00 Rescuing Animals of Ukraine	10 10:30 Crafts 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	11 10:00 KevTech 12:00 Lunch* 1:00 Fit over 50	12 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
15 10:00 Qigong 12:30 Acord 12:30 Knitters	16 9:00 Yoga 12:00 Lunch* 12:30 Needle workers 3:00 Show and Tell	17 10:30 Dan Tremblay 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	18 9:00 Men's Group 12:00 Lunch* 1:00 Fit over 50	19 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
22 10:00 Qigong 12:30 Knitters	23 9:00 Yoga 11:00 Balance 12:00 Fraud Lunch 12:30 Needle workers 3:00 Korean War Documentary	24 10:30 Open House 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	25 9:30 Amelia Earhart Day 12:00 Lunch* 1:00 Fit over 50	26 8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
29 10:00 Qigong 12:30 Knitters	30 9:00 Yoga 10:30 KevTech 12:00 Lunch * 12:30 Needle workers 3:00 Cheesecake Day	31 10:00 Movie Wednesday 11:15 Pickleball 12:00 Lunch* 12:30 Bridge		

Hamilton COA Ongoing Events

Weekly Events

Knitters

Monday 12:30– 2:30 pm

Stop by on Mondays and join our knitting group. Bring a project you have been working on or start a new project.

QiGong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all levels of experience. Drop in class \$5 donation

Yoga

Tuesday 9:00 - 10:00 am

Bring your mat and get ready to relax as Victoria Harriss leads you through an hour of Yoga. \$5.00 donation requested. No sign up is needed.

Balance—ON HOLD

Tuesdays at 11:00

Balance classes are on hold while we find a new instructor. Hopefully we will be able to find someone to start in August.

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project. This is a drop-in group.

Ping Pong Table:

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends Group** who **purchased it!!!** Ping pong is played every Tuesday at 1:00pm. Bring a friend for some friendly competition.

Hamilton Duplicate Bridge

Wednesdays 12:30 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 12:30 pm.

6 week Spring Pickleball

Wednesdays @ 11:15 am

Pickleball is back to Patton Park. Join us for 6-week

at 11:15. Sign up required.

Fit over 50

Thursday @ 1:00pm

Join Erin on Thursdays for her popular Fit over 50 Exercise class. \$5 donation requested

Quilters Group

Friday 9:00am — 12:00pm

Bring your sewing machine and your latest project for a morning of quilting. Machines are available.

Bridge Lessons

Fridays 10:00am

Interested in learning bridge. Stop by on Fridays starting at **10:00** to learn the game. No experience necessary.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Monthly Events

Men's Group

Join us on the first and third Thursdays of the month (Jul 18th) at 9:00am for a men's group. We will be offering coffee and pastries.

Book Group

Tuesday July 9th, 10:30-12:30

Looking for a no-pressure, no-deadline, social Book Group? Come and join us and share whatever you might be reading-or just come and get ideas on what to read next.

Dan Tremblay

Dan will be coming on July 17th with a movie about July 4th. Stop by at 10:30 to see the movie and for discussion.

Wenham COA Weekly Events



Tai Chi Class

Every Tues at 1:00pm

July 2, 9, 16, 23, 30

We will follow our Tai Chi master's instructions on DVD. Call Jim at 468-5529. Join us!

Virtual Yoga classes Mon & Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: blisspolarity@gmail.com;

Dianna has her Thurs **Balance in Motion** virtual yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges on Tuesdays at 1:00 pm. Contact Dianna for information on these classes by contacting Dianna!

diannadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program. We hope

Pickleball outdoors will change our day from Weds to Fri in July and August. In addition we will start early on Fridays at 9am. We will work with other residents who choose this early time.

NSMT North Shore Music Theater presents **TOOTSIE** on Weds, August 14th at 2pm. Deadline for \$40 group tickets is Fri, July 12th. jmaurand@wenhamma.gov 978-468-5529

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, **July 10th and 24th from 1–3 pm**. Marion Rayner will teach us watercolor techniques while she demonstrates. Supplies are included. We begin painting at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp

Dementia Friends Intro Session
Tuesday July 16 from 10–11 am

How do we talk to a loved one showing memory loss? What resources are available? These concerns will be discussed at this session to help us better understand how to support those with dementia. *Refreshments will be served* Call 468-5534 to register closed.

•Walking Group
Weds 9-10 am

•Mahjongg
Fridays 1-4pm

•Pickleball - COA
(WVIS) Friday
9:00 am - 11:00 pm

Caregiver Support Group

10 School St, Wenham

10:30am on 1st Weds of the month at the Wenham COA. Lunch provided.

"Zoom" Support Group Mtgs

10:30am every Tuesday

Contact (978) 281-1750 and leave a



July Lunches 12pm "Grab n'Go"

July 3 Weds - Turkey Pot Pie, Peas, Carrots, Mashed potatoes, Vienna Bread and Fruit.

July 10 Weds - Yankee Pot Roast au Jus, Broccoli, Bread, Scalloped potatoes and Fruit.

July 17 Weds - Breaded chicken with Marry Me Sauce, Couscous, Green Beans, Dinner roll, and an Orange.

July 24 Weds - Tuna Salad, Three Bean Salad, Green Salad w/ tomato, Wheat bread and Fruit whip.

July 31 Weds - Hot Dog, Baked

Special Events - Hamilton

Tablet Update



We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

Seed Library is ready!
Our seed library was a huge success! Thank you to everyone that stopped by to pick up seeds or drop them off.



Hopefully everyone's garden is growing plentiful.

Show & Tell *
Tuesday July 16 3:00pm at the HCOA
Have an interesting collection, talent or something you would like to share with others? Bring it in for **Show and Tell** at the

Senior Center. Depending on number of participants you will have 5 mins to talk about your item!

Movie Morning: * Wed July 31st @ 10:00am

Join us for the movie, Won't you Be My Neighbor? The love for Mister Rogers' Neighborhood lives on in the hearts and minds of those who grew up learning life lessons from its cardigan-clad host.

KevTech Thursday July 11th, @ 10:00 & Tuesday July 30th @ 10:30

Kevin from KevTech is joining us twice this month. July 11th and July 30th The first session will be navigating settings. Confused by what some of the settings do? Join this class. The second will be Back to Basics. We will be starting from the beginning. Stop by with your questions or to learn about these exciting topics.

Did you know?
Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

Tuesday July 2nd is National Watermelon Day 3:00pm
Stop by and grab a nice slice of Watermelon to help us celebrate.

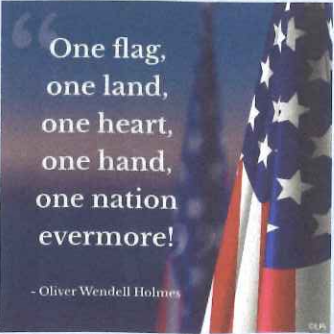
Thursday July 25th 9:30am

We are celebrating National Amelia Earhart Day a day late. Join us for a movie about her life and the impacts she made.

Tuesday July 30th: National Cheesecake Day
What is your favorite type of cheese cake? Do you like plain cheesecake or do you enjoy it with strawberries or blueberries on top? Whatever your preference is we will have something here to match it. Stop by and have a slice of cheesecake with friends starting at 3:00pm. **Reservations required!!!**

Tuesday July 23rd @ 12:00pm
Join us as we welcome Brookline Bank for lunch and a presentation on Fraud. Learn about the common scams they are seeing and how to help protect yourself from them. Lunch will be served. **Reservations required in order to have enough food.**

Monday July 8th @ 12:00pm
Join us for lunch with your friends. Bring a friend and enjoy a home cooked meal and dessert. **Sign up Required!**



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Special Events - Wenham

Ice Cream Social

Weds July 17th at 3pm. Back by popular demand we will host an ice cream social this month. Register by calling Cathy at (978) 468-5534 by July 8th.

Cookout at WCOA!

Weds July 31 at noon
Hamburgers, hot dogs, Potato salad, Cole Slaw and brownie. Call Cathie to Please sign up by July 24. 978-468-5534
Many thanks to SeniorCare **Bocce continues** every Tues and Thurs from 9:00- 11:30am at WCOA. No experience needed.

iPad, iPhone, Laptop Help with Paul

Paul sessions which start at 10am and 11am. Sign up for these 1 hour sessions by calling 978-468-5534.

Low Vision Group

Mon, July 8 at noon.
Participants share ideas of new technology and assistance for those with Low Vision. Speakers will join us. *Lunch served.*

Sing Together!

We will sing patriotic songs in honor of July 4th Independence Day. **Tues, July 2** at 10am at WCOA

Tai Chi classes for age 60+ David Dorian-Ross has been leading us on screen, every Tues at 1 pm.

Jessie Palm, LICW Third Monday of this month. 11:30 am to 1:00 pm on July 15th. Jessie can address issues specific to social services. housing & advocacy.

Wednesday Walkers

Join us on our walks around Wenham starting at 9am. This summer we'll try a few longer walks. Join us! Sign up with Cathie@468-5534

Kayaking Fri, August 2nd . Meet at 9:30am at the Willows in Salem.\$20 pp

Pickleball (Wenham)

Tea House Courts - Fri (free) 9:00am to 11:00am. Some Instruction is available. We're all still learning the game and all are welcome!

Book Deliveries

Grant funded Friday home deliveries for anyone interested in getting memory kits, books, DVD's or anything from the library. Call (978) 468-5577. Ask for Jane Wolff.

Senior Scribblers This writing group works for all levels of experience. Topics are geared to life issues of interest, and/or concern. Thurs July 2-4 pm with Barrie Levine
essexarrow@aol.com

Caregiver Support

Our caregiver support group will meet as usual on the 1st Wednesday or July 3rd

Jenn Flynn from Seniorcare, will facilitate this group.

Free Senior Swim Times

Sat, June 29th to Aug 17th

11am - 11:45am

Sun, June 30th to Aug 18th

.6:15pm—7:00pm



The H-W Community House is excited to announce the **2024 Concert season!**

Every Sunday, July 7 – August 25, starting at 5 pm at the Patton Park gazebo.

Patton Park on Bay Rd. (Route 1A), Hamilton, MA

*Rain venue: Asbury Grove Tabernacle, Lee Park, Hamilton, MA

Rain Venue Directions

July 7: **Quintessential Brass** – Brass instrumentals

July 14: **Psychedelic Relics** – Classics

July 21: **Headlands** – Rock, Americana, Country, and Folk

July 28: **Jim and Tonic** – Swing, Blues and Early Rock and Roll

August 4: **Grupo Fantasia** – World Music

August 11: **Jah Spirit** – African-Reggae with Calypso Jazz



Health & Wellness

Used Medical Equipment - Wenham COA's have used medical equipment such as commodes, rollators, shower chairs, and wheelchairs.

SHINE - Hamilton residents call Theresa (978) 626-5240 Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday each month from 10:00-12:00pm

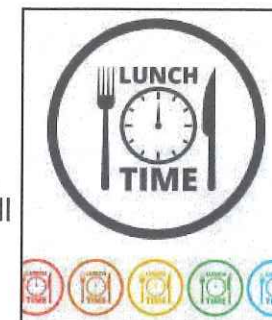
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website: actioninc.org

The Good Neighbor Energy Fund contact Tim Morris 978-626-5240 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham COA to find out if you qualify for assistance.

Property Tax Work-off programs for Seniors can help reduce taxes. Wenham offers the Senior Tax program to eligible residents. Wenham residents can find applications and information at wenhamma.gov. Search for *Tax Relief*. Hamilton

SeniorCare Nutrition Services

Home Delivered Meals
(Meals on Wheels) for eligible homebound elders, Monday through Friday. Call SeniorCare and ask the *nutrition dept* for more information.



Podiatrist:

Clinics with Dr. Gregory VanEss are held in **Wenham** every other month. The date in Wenham is TBD (978) 468-5534. Dr. VanEss is coming to **Hamilton on August 1st.** from 9-12pm. Call today for an appointment. (978) 468-5595

SeniorCare is serving "in person" lunch at the Hamilton Senior Center on **Tuesday, Wednesday and Thursday.** If you are interested in attending, you can check the menu at the Senior Center for congregate meals and reserve your place with Albie.

(978) 468-2616

SAVVY CAREGIVER

Our Free 6 WEEK *ADRD Caregiver Training Workshop will start again via zoom. Date and Time to be determined with Abby Considine. These Workshops are being scheduled at other COA's so call (978) 281-1750 x581 for more info. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, strengthen family resources and take care of you!

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit

Call (978) 468-5534
(Wenham residents **only**)
Safe, convenient transportation

Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Transportation options (Hamilton):

Program: CATA (Cape Ann Transportation Authority) provides van services for medical appointments, shopping, banking, etc.—runs Monday through Friday 8:00am – 4:00pm
Eligibility: Hamilton Residents age 60+ **Cost:** Free for medical trips & trips to & from Senior Center

Service Area: Hamilton, Wenham, Beverly, Manchester by-the Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody & Danvers

Call 978-283-7916- 2 days in advance to schedule a ride.

Senior Care Medical Transportation Program - (978) 281-1750 ext. 573

RSVP volunteers provide a door to door escort service to and from local medical appointments.

Call Monday – Friday 9:00am-12:00pm to request more information and to schedule appointments.

Wenham Transit - Weekly Shuttle Service

Wenham Transit will be making trips to various popular shopping centers in some cases twice a month. We also have plans to bring trips back to various local museums and historic sights once a month. \$5 per trip.

- Walmart Danvers - 2nd & 4th Thurs leaving at 1pm from Wenham
- Market Basket, Ocean State, Job Lot & Savers - 3rd Thurs leaving at 1pm
- Trade Joes & TJ Maxx - 1st & 3rd Fri at 1pm
- Dollar Tree in Beverly by the RR track on Cabot St - 2nd Friday at 1pm
- Dollar Family and Big Lots, off Route 1, near Home Depot in Danvers - 2nd Tues 1pm

~ CALL TO RESERVE A SEAT. (978) 468-5534 ~



Notes from Outreach, Veterans & State officials

What can SHINE do for you?

SHINE is an acronym: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled.

Medicare Savings Programs (MSPs), formerly known as the MassHealth Senior Buy-In and Buy-In Programs can help with your Medicare costs, such as Part A and/or Part B premiums, deductibles, copays and co-insurance. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance.

A SHINE counselor will help you determine eligibility, based on income and/or assets for all potential cost saving programs, including MassHealth Standard and other programs associated with it. The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before.

If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so.

Call for an appointment with a certified SHINE Counselor: **Theresa Woodbury 978-468-5595**

SHINE is a federally funded program helping you navigate Medicare.

I was just thinking...

about the July Fourth, our national birthday. Popularized history suggests that 1776 is a story of success amidst adversity, patriots versus loyalists, innovation versus the status quo. Historian H.W Brands acknowledges the credibility of these perspectives. However, in 2021 he proposed that "the American Revolution was our first civil war." He states that "before America could win its revolution against Britain, the Patriots had to win the civil war against the Loyalists." Ferment was building in the colonies. The loyalists aligned themselves with England and King George. The patriots advocated the creation of a self sufficient self governing country. Loyalists were maligned, and many returned to England or settled in other British colonies. For us July 4th celebrates with much energy and fanfare "the birth of a nation" and the gifts of freedom and liberty. For Brands embedded in this 248 year celebration is the question, what have we learned from this first civil war and how can it help us to form a more perfect union?

Dean W Pedersen, Captain USN Ret. Chair: The Veterans Committee of Wenham

Community Resources

ACORD Food Pantry is OPEN

Weds 9:30–11am; *Senior Hours -Thurs 10:00-11:00am*; Thurs 6:30 - 7:30pm; Sat 9 –11am_PO Box 2203, 69 Willow St, S. Hamilton, MA 01982 Acord FP is for anyone who may need a little help with food assistance. We offer non-perishable food as well as meat, fish, cheese, yogurt, milk, eggs and fresh produce, most of it donated by local farms. Delivery is available for seniors who are unable to visit the pantry in person. Please reach out via email: acord.director@gmail.com or phone 978-468-7424 if you have any questions.



Mobile Market

1st and 3rd Mondays on July 1st and 15
12:30 - 1:30 pm Join us as we host a mobile

market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household - no income limits. Just stop by and grab what you need. Mobile market starts at 12:30 and runs only until 1:30. Please bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tues of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, from **Cape Ann Veteran Services** to learn about their benefits and opportunities.



What is **FISH**? **FISH** (Friends in Service Helping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first **FISH** group in the U.S. was organized in West Springfield, MA in 1964. We are excited to welcome **FISH** to our Hamilton Seniors. We are a group of volunteers looking to provide rides to appointments, shops and activities.

FISH Volunteers are available to help with transportation to Hamilton Town Meeting on Saturday April 6th.

SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related issues. (978) 281-1750 or go to seniorcareinc.org.

WISSH - Wenham Issues of Social Service Help. Confidential financial and social service assistance The mission of WISSH is to identify the social-service needs of Wenham residents and to coordinate and implement appropriate immediate unmet financial assistance to those in need. (978) 468-5520 Ext.

Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot. 978-233-1816 (Leave a message and someone will reply)

Podiatrist - Dr. VanEss. Wenham COA is booked for TBD Call 978-468-5534 to make your reservation. **HCOA** August 1 from 9am –12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, July 8th at 12:00pm. We will explore new technology and hear from the Lyons Club.

“How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**

The Woodlands Inn
at
EDGEWOOD

575 Osgood Street
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TheWoodlandsInn.org

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July Preliminary Menu— Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
1 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce	2 4oz Potato Crunch Fish ½ cup Rice Pilaf	3 Two Compartment Turkey pot pie 3oz Diced Turkey ½ puff Pastry ½ cup peas and carrots	4 Holiday No Meals Served	5 3oz Grilled Chicken 2oz BBQ Sauce ½ cup Corn & Peppers (Congregate: corn on the cob)
8 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/ onions ½ cup Mashed Sweet Potatoes	9 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 2 oz Marinara ½ cup Pasta	10 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Broccoli ½ cup Scalloped Pota- toes	11 Special: Cold: Sandwiches 1.5oz Chicken Salad 1.5oz Egg Salad 4oz Orzo Salad 4oz Coleslaw	12 Two Compartment 8oz Vegetarian Chili 4oz Brown Rice 1pc Cornbread ½ cup Pudding
15 Two Compartment 1 pc Lasagna 4 oz Meat Marinara ½ cup Zucchini & Sum- mer Squash	16 1pc Pork Sausage 2oz Peppers and Onions ½ cup Tater Tots 1/2 cup Roasted Butter- nut 1pc Hot Dog Bun	17 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange)	18 3oz Salmon 2oz Garlic & Lemon Butter ½ cup Mashed Potatoes ½ cup Creamed Spinach 1pc MG Bread	19 Two Compartment Cold: 1 cup Tortellini Salad w/peas ½ cup Garden Salad 1pc Cookie Brownie 1pc Oat Bread 1pc Dressing
22 Two Compartment 3oz Grilled Chicken 4oz Hawaiian Sauce with peppers & Pineap- ple ½ cup White Rice ½ Asian Blend Veggies	23 Two Compartment 1 cup macaroni and cheese ½ cup stewed tomatoes 1 slice Oat Bread ½ cup Canned Fruit	24 COLD: 3oz Tuna Salad ½ cup Three Bean Salad ½ cup Garden Salad w/ tomato 2 slices Wheat Bread	25 Birthday 3oz Pulled Pork 2oz BBQ sauce ½ cup Sweet Potatoes ½ cup Sauteed Garlic Kale 1pc Burger Bun	26 1pc Bateman meat- loaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas
29 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce (congregate)	30 1pc Cheese Omelet 1pc Roasted Potatoes ½ cup Ratatouille 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk)	31 Hot dog (LS Beef/ pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	1 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips ½ cup Garden Salad 2 slices MG Bread	2 Two Compartment 3oz Grilled Chicken 2oz Piccata sauce ½ cup WW spaghetti ½ cup Broccoli 1pc WW Dinner Roll 1pc Cookie

Looking for Wenham's Grab & Go? It is every Wednesday-Please call 978-468-5534
Hamilton offers congregate lunches on Tuesday, Wednesday and Thursday of every week.
Reservations are required, and can be made by calling Albie at 978-468-2616

Looking for Meals on Wheels: Meal's on Wheels can be setup by calling Senior Care at 978-281-1750 and asking for the intake department.



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