

February 2009

MAKING HISTORY, One day at a Time!

Joanne Fisher- Program Coordinator

Remember when Grandma and Grandpa sat in their rocking chairs complaining about the younguns' and their *new fangled* ideas. Today at the Newton Senior Center grandma and grandpa are seated with their lap-tops around the building using wireless access to e-mail, blog, play chess and order a new car! Grandma and grandpa are rocking but no chairs are involved!

In an age of high-technology, history is being made every day, and grandma and grandpa are on the cutting edge as they answer their cell-phones and play Nintendo Wii (in our Fit and Balanced Brain Center- FABB). Yes, music is playing at the senior center on Walnut Street, and when it is not the personal sound of a cell phone, it is the impromptu jazz jam of "Shirley Lewis, Queen of Soul" or... the Newton Senior Center Chamber Music Ensemble, the Newton Swing Band or lunchtime pianists Vic King and Harold Kaswell.

The music of Mozart, George Gershwin, Elvis Presley and the Beatles combine to give a historical perspective that reflects the years of life experience represented by those attending the center.

As grandma and grandpa used to flex their tired, arthritic muscles rocking those chairs, today's "retirees" are moving to the beat of rock & roll mixed with a bit of country flavor as they move around the floor in weekly line dance routines. In the spirit of open-minded curiosity the Function Room at the senior center is filled several days a week with New Age exercisers

doing Chair Yoga, Mat Yoga and Tai-Chi... ommmm! Of course their stamina and flexibility also comes from a commitment to bi-weekly Aerobics and Muscle Conditioning classes.

Grandma and Grandpa want to keep up *with*, or perhaps *ahead of*, the next generation and they know that maintaining their balance is key to this. They work hard at balance exercises and brain games to keep that mind/body connection intact. Special programs are offered towards this end ranging from balance exercise programs to Bridge, computer training to language classes and opportunities to share your special personal stories and explore the worlds of current events and the arts. If you are ready to rock along at the senior center, call Joanne Fisher at 617-796-1670, and set an appointment for an orientation/tour. We are handicapped accessible, offer transportation to Newton residents and are open Monday-Friday, 8:30-4:00. *If you do come by the center, take your vitamins and wear your sneakers, so that you too can "make history one day at a time"!*

Table of Contents

Page 3... Getting Around

Page 4... Fabulous February

Page 5... Read All About It!

Page 6... Food for Thought

Page 7... Your Home is Your Castle

Page 8 & 9... Calendar

Page 10... Information Station

Page 11...

From the Desk of Our Social Worker

Page 12... SHINE Update

Page 13... Brain Ticklers

Page 14... Nurse's Notes

Page 15... How's Calls!

Page 16... Parks & Recreation, 55 and Over

THE NEWTON SENIOR CENTER STAFF

617-796-1660.....FAX 617-969-9560

Web Site Address – www.newtonseniors.org

Center Hours: 8:30-4:00 Monday-Friday



Staff

Jayne Colino.....	Director...617-796-1671
Alice Bailey.....	Administrative Coordinator...617-796-1664
Joanne Fisher	Program Coordinator...617-796-1670
Kathy Laufer.....	Clinical Social Worker...617-796- 1663
Meghan Kennedy	Outreach Worker... 617-796-1672
Linda Johnson	Administrative Assistant... 617-796-1665
Lucy Bedigian	Lunch Site Manager
Joyce Cheng.....	Nurse... 617-796-1420
Monique Bleriot	Nurse... 617-796-1420
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM

.....
For continued home delivery of your “Coming of Age” newsletter please re-subscribe by sending your \$10 to the Newton Senior Center. See payment form below. This subscription will run for one year.

Coming of Age SUBSCRIPTION FORM

I would like to receive “Coming of Age” monthly at my home. Enclosed is my subscription payment of \$10.

Name _____

Street _____

City _____ **State** _____ **Zip** _____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Coming of Age four times a year. (February, May, August, & November). *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city. It may also be accessed on the WEB... Go to www.newtonseniors.org* Then go to Our Programs, choose Coming of Age.

.....
Disclaimer- We thank the advertisers featured in this newsletter for their support. They make the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.

Getting Around



(These services may be changed or modified at any time.)

“Senior Transportation Services”

- **Medical Transportation** - for Newton Seniors to medical appointments within the City of Newton.
- **Transportation** to certain “Adult Day Health” locations up to 2 miles outside of the city. Monday through Friday 8-5.
- **The Shopper's Service** will take you for weekly marketing. Reservations available for Tuesday, Wednesday or Thursday from 10-2. Your choice of market within the city.
The above services must be reserved 3 business days in advance.
They are not available on legal holidays.
- **Transportation to the Newton Senior Center**- Service 5 days a week. Pick-ups begin at 8:00. Returns through the day until 4:00. (Center hours 8:30-4:00, Mon. –Fri.)
Reserve by 4:00 the previous day.

Vouchers are good for all of the above services

Vouchers are available at the Senior Center, or by mail, by calling 617-796-1660. The suggested contribution for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way). *A minimum contribution of \$1 is required, per voucher.* For those unable to budget this amount (\$20 for 20 vouchers) or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required BEFORE vouchers will be sent through the mail,



Make all reservations by calling 617-796-1288

If you have questions about the service, please call Alice Bailey at 617-796-1664.

"OTHER Transportation Services"

Busy Bee Medical Transportation – medical transportation to some destinations outside Newton. The suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*

“The RIDE”- Call 617-222-5123 to register. *A healthcare provider’s signature required for eligibility.* Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, 3-day advance reservations required, pre-registered riders only.*

Fabulous February

**The Newton Senior Center will be closed on Monday, February 16,
for the President's Day Holiday**

The Faces of History

History buffs and others... Wednesday, February 25, at 10:30am, join Charlotte Dooling for a discussion about "to be announced". A \$1 donation is suggested.

*FIRST TUESDAY... Lunch talk

On February 3, the first Tuesday of the month, George Buffington, our "Tax guru" will speak about tax specifics that may save you money. Talk begins at 12:00 noon.

Tracing Your Roots

Rue Cardoso, a local genealogy hobbyist, will show you how to trace your roots through his computer and other sources. He will be at the Newton Senior Center on Wednesday, February 25, from 10:00-11:00am.

*Valentine's Day Celebration

Celebrate Valentine's Day with lunch, music and dancing, Friday, February 13, at 11:45.

Drop-in Computer Help !

No appointment necessary... just sign-in and wait your turn to see Sharon on Fridays between 1:00pm & 3:30pm at the Newton Senior Center.

*Chinese New Year Celebration

Once again, the Newton Senior Center will host the Greater Boston Chinese Cultural Center with a celebration of the Chinese New Year. Wednesday, February 18, we will welcome the "year of the ox". The fun begins at 11:30!

Computer Class Registration

Orientation and registration for computer classes will at 10:00, Monday, February 2. Students should arrive early to get their number, as registration is done in the order of arrival. Each student chooses a time, day and teacher for individual lessons lasting 1 hour each week, for 6 weeks. Students must have daily access to a computer and those with lap-tops are encouraged to bring them to class. A fee of \$50 is required.

Current Events & Speakers

Meets every Thursday from 10:00-11:30am. Alternating weeks for discussions & speakers: February 12, Newton Housing & Rehabilitation Fund will speak, February 26, Olmstead Museum will present.

*Low Vision Support Group

This group of people with vision impairments, meets on the first Monday, (February 2) of each month (weather permitting) for support, friendship and information. Lunch reservations, should be made, by 11:00 the previous Friday.

**Please pre-register for lunch by 11:00 the previous day for any lunch program .*

Flowers

Sending flowers? Save money and help fund-raise for the senior center by ordering on the *internet*. Get 15% off your order and 15% goes to the center! Go to the link www.mafloral.com/newtonseniors the coupon code is : newtonseniorcenter Thank you for your support!

Keep Warm this Winter!

Newton Throws are available in 4 colors depicting nine special points of interest in Newton.

This washable and warm throw will keep you cozy through the long winter!

A portion of each sale goes to benefit the programs and services for Newton Seniors.

The above item is available for purchase at the Newton Senior Center.

Read All About It!

STABLE “Stand Tall & Be Lively & Energetic”

...at the Newton Senior Center. It is never too late to build muscles and strength to maintain and improve balance and prevent falls.

The STABLE Program

Matter of Balance- Sponsored by Newton/Wellesley Hospital- runs 8-weeks. Names taken for wait list. Information & exercise to strengthen muscles for balance. Students may not repeat program.

Beyond Balance- Strengthening exercise. Pre-register, 8 weeks/ \$40. Program offered on a rolling basis.

Yoga- Chair Yoga (drop-in) and Mat Yoga (drop-in). Suggested donation \$2.

Muscle Conditioning- Muscle toning. (Drop-in) Suggested donation \$2.

Aerobics- Low-impact exercise. (Drop-in) Suggested donation \$2.

Tai-Chi- sponsored by Newton/Wellesley Hospital. Fitness through slow, deliberate movement. Suggested donation \$3.

Wii- FABB Center (Fit and Balanced Brain Center.) By appointment to use this interactive video equipment. The Wii was a gift from the Golden Living Center of Chestnut Hill. Suggested donation \$2. *Thank you to UMass, Boston for providing student instructors!*

LINE DANCING (\$40/ 8 weeks). *Learn to dance from a STAR!*

See calendar for the days and times the programs are offered.



- Bea Telegen, in honor of Bea Carp's kindness & caring.
- Beverly & Len Linsky, in honor of Beverly's mother (Celia Basil) on her 100th Birthday.
- Nancy & Sam Yee, in support of our Chinese New Year Celebration.
- Pearl Rosenthal in honor of her friends' birthdays!
Skippy Yoffee & Ruth Goldstein
- Doris Perry in honor of her friends' birthdays!
Skippy Yoffee, Ruth Goldstein & Pearl Rosenthal

In appreciation of the Newton Senior Center

- Father David Murphy
- Linda Klein
- Axel and Marion Kaufman



Bring your... used printer ink cartridges, cell phones, eyeglasses to the Newton Senior Center. We **recycle**. Bring your Shaw's Market receipts for the Lions Club Fundraiser. Unused soaps, shampoos & shaving needs are collected for the American Legion War Veterans. **Collection boxes are in the reception area.**

“TIPS For Walking on (Slippery) Ice!”

From the Boston Globe, January 7, 2009



WALK LIKE A PENGUIN! Keep your knees loose and extend arms to the side to keep your balance, point feet out slightly, bend slightly and walk flat-footed. Take short steps or shuffle, no long strides! Proper boots with grips are also recommended. *Think Spring!*

Food for Thought



Senior Center Luchtime Piano

Every Wednesday & alternate Fridays
enjoy the magic fingers of ***Vic King***.

On alternate Fridays

enjoy the marvelous melodies of ***Harold Kaswell***.

Tuesdays 1:30... Newton Swing Band

Wednesdays 9:00... Chamber Music Ensemble

~~~~~

## A Closer Look

Periodically the Newton Senior Center takes a close look at a chosen category of programs. In the following, we share with you what those who attend our GAMES programs (Scrabble, Bridge, Mah-Jong, Bingo, Poker, Chess, Pool), have told us. See page 13 for information about games.

- 48 evaluation responses were turned in.
- In 2008, 347 unduplicated game players played 7,197 games.
- The range of ages playing games is 55-94 with the largest percentage falling in the 75-94 range.
- Twice as many women played as men.
- Overall the players were satisfied with the game spaces and organization of the games.
- All would recommend the games to friends.
- Goals of sharpening skills and making friends have been met.

## You Spoke & We Listened! ★

Anyone wishing to *try* one of our “pre-register pre-pay” classes may do so, for a one-time charge of \$8. This money, will be put towards payment for the current session if the student decides to register for the class. This opportunity is available to each student, one time only, per class. The classes are: Line Dance, Beyond Balance, Ceramics, Chinese Painting. (not for Computer Classes)

The Newton Senior Center  
regrets the passing of dear  
friends

# Your Home is Your Castle

*Does your castle need a little work?*

## **NEWTON HOUSING REHABILITATION PROGRAM**

The City of Newton (through Federal funds) provides funding to *eligible* homeowners to help pay for approved home repairs. Examples of eligible work can include (but are not limited to) the following:

- Home energy efficiency measures (new windows, boilers, etc)
- Roof and gutter repair and replacement
- Removal of hazardous materials including lead paint, asbestos and underground oil tanks
- Structural work (construction or repair of stairs and decks)
- Installation of ramps, grab bars, etc. for handicap access.

### **ARE YOU ELIGIBLE FOR FINANCIAL ASSISTANCE?**

| <b>Number in family</b>     | <b>Maximum income allowed</b> |
|-----------------------------|-------------------------------|
| 1- person household         | \$46,300                      |
| 2- person household         | \$52,950                      |
| 3- person household         | \$59,550                      |
| 4- person household         | \$66,150                      |
| 5- person household         | \$71,450                      |
| 6- person household         | \$76,750                      |
| 7- person household         | \$82,050                      |
| 8 or more- person household | \$87,350                      |

**FOR MORE INFORMATION...** Please contact the *Newton Housing Rehabilitation Programs* and request an application, at the Newton Planning and Development Department at 617-796-1150. Guidelines and applications are also online at:

[www.ci.newton.ma.us/housing\\_rehab/NHRF -Application-Packet.pdf](http://www.ci.newton.ma.us/housing_rehab/NHRF_Application-Packet.pdf).

*... for assistance in filling out applications, call Kathy Laufer, LICSW, 617-796-1663.*



**Join Jayne Colino, Director**  
*Department of Senior Services,  
 Thursday, February 12....12:00 noon  
 for a "Dialogue with the Director"*

### ***Curious About the Newton Senior Center?***

Call Joanne at 617-796-1670 and set an appointment for a tour.

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: right;">2</p> <p>8:45-9:45 Tai Chi<br/>9-12- Pool Cues<br/><b>10 Computer Class Registration</b><br/>10 Line Dance (pre-register)<br/>10:30 "The Stories We Tell"<br/><b>10:30 Low Vision Group</b><br/>11:45- Lunch -<br/>Hawaiian Ham<br/>Tuna Salad<br/>12:45-1:45 Beyond Balance<br/>(pre-register)<br/>1- NewsTalk<br/>1 In Stitches<br/>1 Scrabble<br/>1-Mah Jongg<br/>2- Yoga (chairs)</p> | <p style="text-align: right;">3</p> <p>9-10- Aerobics<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30 Muscle Conditioning<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Chicken &amp; Rotini Casserole<br/>Roast Beef &amp; Cheese<br/><b>1st Tuesday Lunchtalk- Tax Facts</b><br/><b>1 Video Discussion Group</b><br/>1-Bingo<br/>1:30 Swing Band</p> | <p style="text-align: right;">4</p> <p><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music<br/>9-12- Pool Cues<br/>9:30 - Fine Art Studio<br/>11:45- Lunch-<br/>Broccoli/ Cheese/Fish<br/>Turkey &amp; Cheese<br/>1 Movie- "<b>Autumn Hearts</b>"<br/>1 Duplicate Bridge<br/>1- SHINE pre-register</p>                                             | <p style="text-align: right;">5</p> <p>10- Current Events/ Spkrs<br/>10- Knitting<br/>10 Art Appreciation<br/>10:30- Mandarin Chinese<br/>11:45- Lunch -<br/>Salisbury Steak<br/>Egg Salad<br/>11:45-12:45 Tai-Chi<br/>12:30- Ceramics (pre-reg)<br/>1- Yoga (chairs)<br/>1-Thursdays Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>                    | <p style="text-align: right;">6</p> <p><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/><b>10:30 Men's Health Club</b><br/>10:30- Muscle Conditiong<br/>11:45- Lunch-<br/>Beef Stew<br/>Chicken Salad<br/><b>Harold Kaswell- Piano</b><br/>12- Chess Nuts<br/>12-2 <b>Legal Appts.</b><br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center pre-reg</b></p> |
| <p style="text-align: right;">9</p> <p>8:45-9:45 Tai Chi<br/>9-12- Pool Cues<br/>10 Line Dance (pre-register)<br/>10:30 "The Stories We Tell"<br/>11:45- Lunch -<br/>Stuffed Shells<br/>Ham &amp; Cheese<br/>12:45-1:45 Beyond Balance (pre-reg.)<br/>1- NewsTalk<br/>1 In Stitches<br/>1 Scrabble<br/>1-Mah Jongg<br/>2- Yoga (chairs)</p>                                                                             | <p style="text-align: right;">10</p> <p>9-10- Aerobics<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30 Muscle Conditioning<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Hot Dog<br/>California Chicken<br/><b>1 Video Discussion Group</b><br/>1-Bingo<br/>1:30 Swing Band</p>                                                                        | <p style="text-align: right;">11</p> <p><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music<br/>9-12- Pool Cues<br/>9:30 - Fine Art Studio<br/>11:45- Lunch-<br/>Roast Turkey<br/>Tuna Salad<br/>1 Movie- "<b>Moonstruck</b>"<br/>1 Duplicate Bridge<br/>1- SHINE pre-reg</p>                                                                      | <p style="text-align: right;">12</p> <p>10- Current Events/ Spkrs<br/>10- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch -<br/><b>SPECIAL- Crab Stuffed White Fish</b><br/><i>Dialogue w/ Director</i><br/>11:45-12:45 Tai-Chi<br/>12:30- Ceramics (pre-reg)<br/>1- Yoga (chairs)<br/>1-Thursdays Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p> | <p style="text-align: right;">13</p> <p><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/>10:30- Muscle Conditiong<br/>11:45- Lunch-<br/>Chicken Marsala<br/>Turkey Salad<br/><b>Valentine's Day Party</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting.- pre-reg<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center-pre-reg.</b></p>                                                          |
| <p style="text-align: right;">16</p> <p style="text-align: center;"><b>Center<br/>Closed<br/>for<br/>President's<br/>Day</b></p>                                                                                                                                                                                                                                                                                        | <p style="text-align: right;">17</p> <p>9-10- Aerobics<br/>10:30 Muscle Conditioning<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Baked Fish<br/>Egg Salad<br/>1-Bingo<br/>1:30 Swing Band</p>                                                                                                                  | <p style="text-align: right;">18</p> <p><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music (canceled)<br/>9-12- Pool Cues<br/>9:30 - Fine Art Studio<br/>11:45- Lunch-<br/>Macaroni &amp; Cheese<br/>Roast Beef &amp; Cheese<br/><b>Chinese New Year Celebration</b><br/>1 Movie- "<b>Dirty Dancing</b>"<br/>1- Duplicate Bridge<br/>1- SHINE</p> | <p style="text-align: right;">19</p> <p>10- Current Events/Spkrs<br/>10- Knitting<br/>10 Art Appreciation<br/>10:30- Mandarin Chinese<br/>11:45- Lunch -<br/>Stuffed Pepper<br/>Seafood Salad<br/>11:45-12:45 Tai-Chi<br/>12:30- Ceramics (pre-register)<br/>1- Yoga (chairs)<br/>1-Thursdays Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>            | <p style="text-align: right;">20</p> <p><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Cranberry Chicken<br/>Turkey &amp; Swiss<br/><b>Vic King- Piano</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center pre-reg</b></p>                                                      |
| <p style="text-align: right;">23</p> <p>8:45-9:45 Tai Chi<br/>9-12- Pool Cues<br/>10 Line Dance (pre-register)<br/>10:30 "The Stories We Tell"<br/>11:45- Lunch -<br/>Meatloaf<br/>Chicken Salad<br/>12:45-1:45 Beyond Balance-<br/>pre-register<br/>1- NewsTalk<br/>1 In Stitches<br/>1 Scrabble<br/>1 Mah Jongg<br/>2- Yoga (chairs)</p>                                                                              | <p style="text-align: right;">24</p> <p>9-10- Aerobics<br/>10:30 Muscle Conditioning<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Chicken Parmesan<br/>Ham &amp; Cheese<br/>1-Bingo<br/>1:30 Swing Band</p>                                                                                                     | <p style="text-align: right;">25</p> <p><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music<br/>9-12- Pool Cues<br/>9:30 - Fine Art Studio<br/><b>10-11 Genealogy</b><br/>10:30 <b>Faces of History</b><br/>11:45- Lunch-<br/>Salmon Boat<br/>Egg Salad<br/>1 Movie- "<b>As Good As It Gets</b>"<br/>1- Duplicate Bridge<br/>1- SHINE</p>          | <p style="text-align: right;">26</p> <p>10- Current Events/Spkrs<br/>10- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch -<br/>Pot Roast<br/>Turkey Salad<br/>11:45-12:45 Tai-Chi<br/>12:30- Ceramics (pre-register)<br/><b>12:30-2 Ald. Stephen Linsky</b><br/>1- Yoga (chairs)<br/>1-Thursdays Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>   | <p style="text-align: right;">27</p> <p><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Lasagna<br/>Chicken Salad<br/><b>Harold Kaswell-Piano</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1 FABB Center pre-reg.</b></p>                                                                    |
| <div style="border: 2px solid red; padding: 10px; margin: 0 auto; width: 80%;"> <h1 style="margin: 0;">February 2009</h1> </div>                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## **Information Station**

### **Food Stamps are Easier to Receive**

The Supplemental Nutritional Assistance Program (formerly Food Stamp Program) helps low-income households in Massachusetts buy food. For more information or to apply call Kathy Laufer at 617-796-1663.

### **DIGITAL -TV Transition**

There is now a wait-list for coupons towards a purchase of a converter box, needed if you do not have cable service or a digital TV. To apply for a coupon and go on the wait-list call 1-888-388-2009. The conversion to all digital is February 17, 2009.

### **“SARG”**

#### **Small Appliance Repair Group...**

*(no electronics, please).* Bring items, to the Scandanavian Living Center, 206 Waltham Street, West Newton. 1:00 to 3:00 p.m. Wednesdays. No charge (unless you approve new parts), but donations are appreciated. Call Rachel Mason at SOAR 55, at 617-969-5906 x114, with questions. *Visit our website at [www.soar-ma.org](http://www.soar-ma.org).*

**Find the Newton Senior Center on the web at [www.newtonseniors.org](http://www.newtonseniors.org)**

### **Legal Appointments**

Law students from Boston College Legal Services will take appointments for legal consultation on the first Friday of each month. Please call 617-796-1660 for an appointment.

### **SENIOR CENTER MEALS**

**Lunch every Monday-Friday at 11:45.**

- To reserve call 617-796-1660 by 11:00 the previous day. Choose your menu at this time.
- A voluntary donation of \$1.75 is suggested per meal.  
*Springwell makes these lunches possible.*

**Fuel Assistance-** Action for Boston Community Development (ABCD) provides fuel assistance to low income households. For an appointment at Newton City Hall, call 617-796-1420. Applications are accepted, October to March.

### **Gerontology Institute**

University of Massachusetts

*“Boston Residential Choices Study”*

Volunteers needed for a research study about residential choices made by older people. Volunteers answer a few questions after seeing a short video. (Allow 20 minutes.) To set an appointment to meet a study representative at the Newton Senior Center, in February, please contact:

Samantha Levien, at 617-287-7327 or  
[Samantha.levien001@umb.edu](mailto:Samantha.levien001@umb.edu)

### **Senior Citizen Parking Stickers**

***Available at the Newton Senior Center.***

*Newton residents, 65 years+ must show license & registration, with Newton address. (Copy of the lease agreement for personal leased cars.) Stickers good for 2-year cycle at \$6... \$3 for remainder of year. (Next cycle July 2009). Stickers good in all city lots, but never on the street!*

### **Newton /Brookline Consumer Office**

Housed in Newton City Hall, this office is available to answer your consumer questions and mediate your issues around purchases of goods and services for your personal use.

*Call 617-796-1292*

### **Watch NEW-TV your Cable Access Station**

- **"View From The Hall"-** Mayor Cohen  
*Monday-Sunday 6AM, 2PM, 5PM  
Tuesday-Friday 7:30PM*
- **Mayor's Press Conference-**  
*Monday-Friday 12PM, 3PM, 6PM*
- **"Coming of Age" – Newton Senior Center**  
*Daily, 5:30pm and Noon, Saturday /Sunday  
Channels- 9,10 or 15  
depending on your cable provider*



## ***“FROM THE DESK OF OUR SOCIAL WORKER”***

### **GERIATRIC MENTAL HEALTH**

In July 2008, Congress overrode the President’s veto and passed the Medicare Improvements for Patients and Providers Act, establishing Medicare mental health parity which will be phased in beginning in 2010. Currently, people with Medicare pay 50% co-pay for outpatient mental health services, while only paying 20% for physical illness treatment. This law will establish the same co-payment rates, making mental health services more affordable to seniors.

Studies have shown that approximately 20% of Americans 55 or older experience specific mental health problems in a given year. According to Dr. Bradley Karlin, Director of Psychotherapy Programs for the U.S. Department of Veterans Services, “We are failing our nation’s elderly population when it comes to meeting their mental health needs.” Research has shown that undiagnosed and untreated mental health problems affect a person’s ability to recover from other health problems, such as a broken hip or heart attack.

Some seniors continue to avoid mental health services because of the stigma. Some are not aware that mental illness may be due to a chemical problem, not unlike diabetes. Others believe that nothing can be done to help. Studies have shown that treatment is effective – both medications and psychotherapy. All you need to engage in psychotherapy is a curiosity about why you feel the way you do.

Some seniors think that depression is a normal part of getting older. This is a false assumption.

Depression is not a normal part of aging but may be a response to a major life change such as severe illness, surgery, moving or loss of a spouse or another significant person.

If you want to learn more or think you might have some mental health problems, talk with your doctor or other health care professional; set up a consultation at the senior center; or do some research by checking these web sites: The Geriatric Mental Health Foundation at [www.gmhfonline.org](http://www.gmhfonline.org); the Mental Health & Aging Web Site Advocacy Project at [www.mhasp.org](http://www.mhasp.org); or the National Institute on Aging at [www.nia.nih.gov](http://www.nia.nih.gov).

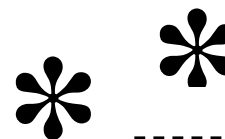
### **Winter Video/Discussion Series: Aging in Place**

As we age, we think about where we’ll live: will we stay at home; move to a retirement community or assisted living? This series will explore some of the choices that others have made and allow discussion about how that choice looks compared to others.

The group meets on Tuesdays from 1 – 3:30 p.m. in the Library Lounge. It continues through February 10<sup>th</sup>.

### **Medical Equipment Closet**

The medical equipment closet currently has walkers, commodes, standard wheelchairs, canes and adult incontinence briefs in many sizes. If you or someone you know needs an item, call Kathy at 617-796-1663 to schedule a pick up time.



# SHINE Update

*Are you looking for a meaningful and challenging volunteer opportunity?*

**Become a Certified SHINE (Medicare) Counselor!**

*The SHINE (Serving Health Information Need of Elders) program helps seniors and the disabled on Medicare understand the many insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater.*

*Through an intensive training program, SHINE Counselors are certified to work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. The counselors also attend monthly meetings for on-going training and support*

*SHINE Counselors work an average of 4 hours per week meeting with clients and doing necessary follow-up work.*

*They generally counsel in Senior Centers or other public settings. Some computer experience is necessary.*

*SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives.*

*The next SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place at Natick. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109.*

*Bilingual, bicultural and minority individuals are encouraged to apply.*

*\* SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points and other local agencies.*

\*

**NEED HELP? Call the Newton Senior Center for a SHINE appointment 617-796-1660.**

~~~~~

Health Maintenance Clinic Hours

Nurses are at the Newton Senior Center
Wednesdays & Fridays from 9:00-12:00.

For further information call 617-796-1420.

The Newton Department of Health and Human Services
Clinic may be canceled without prior notice.



Weather Closings

Weather closing announcements
for the senior center are made on:

WRKO Radio-- Channel 7 News-- Newton Cable-NewTV
and on the senior center phone recording (617-796-1660).

"Brain Ticklers"

Languages at the Senior Center!

(\$1 donation)

Tuesdays... **Beginner Spanish**, 9-10:00

Intermediate Spanish, 10:30-11:30

Thursdays... **Mandarin Chinese**, 10:30am

Thursdays...**French Salon**- 1:30- 2:30pm



- **In Stitches**- Mondays, 1:00pm. Sew items for our store! All materials provided.
- **Fine Arts Studio Workshop**- Wednesdays, 9:30-11:30am. Work on your own projects in our well-lit studio.
- **Knitting Circle**- Thursdays, 10:00-11:30. Learn, or just knit.
- **Ceramics**- Thursdays, 12:30-3:45. All supplies on site. \$40 for 8 weeks
- **Chinese Painting**- Fridays, 1:00 Find your creative self in this ancient art. \$35 for 8 weeks
- **Writing Group**- Fridays, 10:00-11:30. Bring your writing to share with other wordsmiths. Drop-in!
- **The Stories We Tell**- Mondays, 10:30-11:30. Tell your story and hear others. Drop-in!

Playing Games!

- **Monday - Mah-Jongg, Scrabble, Bridge**
1:00-3:45... \$1 donation
- **Monday, Wednesday- Pool Cues (Billiards)**
9-12 ...\$1 donation
- **Tuesday- Bridge Lessons** 10- 11:30 \$1 donation
- **Tuesday & Friday BINGO** 1-3...
50 cents a card -
- **Wednesday- Duplicate Bridge**
1:00-3:45... \$2 donation
- **Thursday- All Games** 1-3:45... \$1 donation
- **Friday- ChessNuts** 12-3:45... \$1 donation
- **Friday- Poker & Scrabble** 1-3:45...
\$1 donation



Art Appreciation

This group meets on alternate Thursdays from 10:00am-11:30am (see calendar).

Nurse's Notes!

Heart to Heart with Women

By Joyce Cheng, RN

Newton Department of Health & Human Services

Most women consider heart attack and stroke as a disease primarily affecting men and are not aware of their own risks in developing heart diseases. However, statistics have painted a different picture. Understanding your risk is the first step in preventing heart disease.

According to American Heart Association, heart disease and heart attacks kill about 460,000 women annually and is the number one killer of women in the US. Nearly 39 percent of all female deaths in the nation result from cardiovascular diseases, such as heart disease and stroke. One in 2.6 women die of heart disease, stroke and other cardiovascular disease, compared with one in thirty who die of breast cancer. Furthermore, the symptoms of heart disease are generally atypical for women. Therefore, the diagnosis of heart disease presents a greater challenge in women than in men. Only 30 percent of women exhibit typical chest pain. Signs of a woman's heart problem may show up as trouble sleeping, shortness of breath, indigestion or anxiety. If women experience discomfort, it's more likely to be in the jaw or back than in the chest.

The top risk factors for cardiovascular disease include high blood pressure, high cholesterol, smoking, obesity, diabetes, family history and advanced age. While risk factors such as family history and advanced age cannot be changed, most of the others can be eliminated or brought under control by lifestyle changes. Knowing your numbers, such as blood pressure, cholesterol level, LDL (bad cholesterol), and HDL (good cholesterol) is a good way to understand your risk in heart disease. A low level of the good cholesterol appears to be a stronger predictor of heart disease death in women than in men. In addition, blood pressure and cholesterol can be controlled by diet, exercise, and medication.

Regular exercise is an active measure that can reduce the risk of heart disease. Evidence have shown that the extra pounds around the mid-waist is especially hard on the heart because it builds up around internal organs, triggers inflammation, and leads to insulin resistance. Following an exercise regime can whittle down the extra pounds around waist. Other exercise for muscle strength like walking, weight-lifting, yoga or tai-chi at least twice a week will keep blood pressure in check, boost metabolism, burn more calories, control cholesterol, and improve endurance.

More and more evidence suggests a relationship between the risk of cardiovascular disease and stress. But more research is needed to fully understand how stress contributes to heart disease. Acute and chronic stress may affect other risks and behaviors such as high blood pressure and cholesterol levels. In addition, stress may link to smoking, physical inactivity and overeating. Stress in daily life may be unavoidable, however talking it out, leaning to friends for support, or finding professional consultation can help to reduce stress.

Consult your doctor for advice to fully understand your own risk. You can also discuss your risk with the nurse when you visit the Health Maintenance clinic.

~~~~~

**The Newton Senior Center hosts the AARP Tax Program where certified volunteers will assist you with tax preparation. Call now for your appointment for assistance in preparing your tax forms. 617-796-1660**



# How's Calls

by Howard L. Kramer, M.D., Ph.D.

*(The opinions expressed below are those of Dr. Howard L. Kramer,  
Board certified internist and private healthcare consultant. )*

*The Men's Health Club meets the first Friday of each month at the Newton Senior Center.  
This month's meeting will be on **February 6, at 10:30 a.m.***

## **Medicare ABCDs – 3 – Part C Senior (No Mejor?)**

Medicare Advantage (MA), the name given to Part C plans by the Medicare Modernization Act of 2003, embodies the effort to make Medicare Part A and B (Original Medicare) benefits available to beneficiaries through private health plans. Currently, over 10 million Medicare patients, are enrolled in such plans. A major “advantage” of such plans was the hope that private insurers would deliver services for less money and reduce government expenditures. Another plus was that a patient could choose among a variety of plans with slightly different benefits and costs, and to select the plan that best served his/her needs.

### **What the patient gets...**

By enrolling in a Medicare Advantage plan, a patient agrees to receive Medicare Part A and B benefits not from the government (*Original Medicare*) but from a private insurer to which the government pays subsidies for providing the services. Most MA plans include a prescription drug benefit (Part D) and some offer other coverage that Parts A and B do not – e.g., dental or vision.

### **Same but different – more choice but less choice...**

Whereas *Original Medicare* allows the patient to use any physician/hospital that he/she chooses and to see specialists without a referral, some restrictions or additional costs apply under the most common types of MA plans; namely Health Maintenance Organizations (HMOs) and Preferred Provider Organizations (PPOs). The general details of these and other types of MA plans are explained in the booklet “Medicare & You 2009” – available online at: <http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf> Newton residents can choose from among 47 different plans. An excellent way to begin your search for a plan is to go to [www.medicare.gov](http://www.medicare.gov) and click on “Medicare Health Plans – 2009 Plan Data,” then follow the instructions to find and compare plans that suit you. Although the annual open enrollment period (November 15 to December 31) has recently ended, in some cases you can join a plan between January 1 and March 31.

### **What the patient pays...**

Depending on the plan, you pay a monthly premium that covers Part A and B as well as prescription drug coverage and additional benefits when offered. You may also have *deductibles* and *co-pays*. Some plans limit to your out-of-pocket costs. The one constant here is variation from plan to plan, so doing your homework is key.

### **The paradoxes of Part C – change in need of change...**

1- The government paid Medicare Advantage (MA) plans an average 12.4% more per patient in 2008 than the patient would have cost Original Medicare, according to a Commonwealth Fund report. The program set up to save the government money cost an additional \$8.5 billion last year.


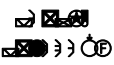
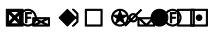
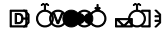
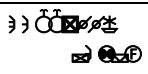

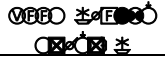

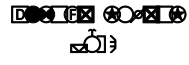


2- Patients are advised to exercise their right to choose by evaluating the myriad of plans available. Health needs, like the recent stock market, can vary unpredictably. A plan that perfectly suits your needs this week, may provide inadequate coverage next week.

*In short, Medicare Part C can be a valuable alternative for Medicare beneficiaries – in some cases with broader coverage than Parts A and B – but the goal of near perfection must await further change.*

**MORE QUESTIONS? Call the Newton Senior Center and make an appointment to speak with a SHINE (Serving Health Information Needs of Elders) representative.**

**617-796-1660.**

# OVER 55 February 2009

|                                                                                                                                                                                 |                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="http://WWW.CI.NEWTON.MA.US/PARKS">WWW.CI.NEWTON.MA.US/PARKS</a> CLICK ON "OVER 55" or call Nancy at 617-796-1506<br><b>Newton Department of Parks &amp; Recreation</b> |                                                                                                                                                          |
|                                                                                                | Tuesday & Thursday evenings at the Lower Falls Community Center.                                                                                         |
|                                                                                                | Thursdays 11:30 -4, <b>Golf &amp; Scat</b> at the Scandinavian Living Center, 206 Waltham Street. Mondays, 10-3, <b>Cribbage</b> , Albemarle Fieldhouse. |
|                                                                                                | Trips to museums, theater and luncheons are scheduled.                                                                                                   |
|                                                                                                | <i>Early Morning Walkers</i> Monday- Friday, 7AM- Albemarle Fieldhouse.<br><i>Mid Morning Walkers</i> - Tuesday mornings, call to register.              |
|                                                                                                | Ballroom & Line Dancing- <i>Emerson Community Center, Newton Upper Falls</i><br>Helen Murphy plays your favorites. \$2 donation.                         |
|                                                                                                | <b>Pilates</b> - Mondays & Wednesdays, 6:15-7:15pm at 545 Grove St., Lower Falls Community Center. Call to register.                                     |
|                                                                                                | Walking Group to help promote "healthy walking" habits. Tuesdays, 10-11am.                                                                               |
|                                                                                                | January 18-February 8, Sundays only, 12:30-2:00PM. \$5 registration fee. Use the work-out equipment at Newton South High School.                         |
|                                                                                               | Meets weekday mornings from 10-12 to snowshoe, cross-country ski or winter hike in Nahanton Park. Equipment NOT provided.                                |
|                                                                                              | Fairly serious game for older athletes. Contact John Stewart, 617-969-0950 or <a href="mailto:stewnewton@comcast.net">stewnewton@comcast.net</a>         |
|                                                                                              | Every Monday at 9:30am- Fairway Lanes, Natick.                                                                                                           |

The Senior Citizens Fund of Newton  
 PO Box# 600488  
 Newtonville, MA 02460

|                                                                      |
|----------------------------------------------------------------------|
| Non Profit Org.<br>U.S. Postage Paid<br>Boston, MA.<br>Permit #52475 |
|----------------------------------------------------------------------|

The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program. The publication of *Coming of Age* is sponsored, by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.