

March 2008



"Participant Advisory Board" PAC

Spring is the season of new things budding. It is the perfect season for the Newton Senior Center Participant Advisory Council (PAC) to blossom.

This group will be comprised of participants at the center (7), and representatives of the Council on Aging (2). A staff person will facilitate the group. There will be monthly lunch meetings (brown bag or order from our lunch program) and these will be opportunities to air new ideas, communicate with the staff and COA and organize projects.

Potential PAC members will be interviewed and appointed. A group that is a truly representative cross section of our senior center community will be the primary consideration. Terms will last one or two years. *Anyone wishing more information or an interview should contact Joanne at 617-796-1670.*

Transportation Facts!

The Senior Transportation System (*see page 2*) needs your support.

- Suggested donation per ride- \$2.00
- Cost per ride- \$12.72
- Number of rides 2007- 22,063
- Cost of service 2007- \$295,395.76
- Ride donations collected 2007- \$32,556.00
- City budget allotment 2007- \$199,000.00
- Formula Grant allotment 2007- \$20,000.00
- **Projected Deficit 2008-** \$75,000.00

Please give what you can when getting your vouchers so that we may see this program grow and flourish.

SMILE!

Dental hygiene student, Nicole Buu, of Mt. Ida College, will be making appointments for a FREE teeth-cleaning. She will be *screening* patients at the Senior Center on Friday, March 7, 11:30-1:00, and appointments will be held at the college in March & April.



THEY ARE HERE!

Come get your swipe card for easy sign-in at the Newton Senior Center!
Replacement cards available for 50 cents each.

Healthy Eating for Successful Living

Improve your life with a focus on nutrition & lifestyle changes. Please call 617-796-1660 to **pre-register**. The group will meet on Fridays, 9:30-12, March 14- May 2. (6 weeks)

Program made possible by a grant from Springwell.

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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 & 10:00-4:00 Saturday



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 Wentzell.....	Week End Coordinator
Lucy Bedigian	Lunch Site Manager
Mark Pincus	Assistant Lunch Site Manager
Joyce Cheng.....	Nurse... 617-796-1662
Monique Bleriot	Nurse... 617-796-1662
Carlene Kelly	Receptionist... 617-796-1673
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM
Melissa Finan	Social Work Intern 617-796-1674

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 from July 2007-June 2008.

Coming of Age SUBSCRIPTION FORM

I would like to receive “Coming of Age” monthly at my home. Enclosed is my payment of \$10 for a subscription ending June 2008.

Name _____

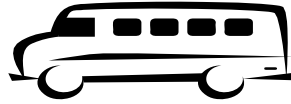
Street _____

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. It is their support that makes 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



“Senior Transportation Services”

- **Medical & Other Transportation** - for Newton Seniors to medical appointments within the City of Newton and some destinations 2 miles beyond the city. This service includes *visits to nursing facilities & hospitals* within the city. Service available Monday through Friday 8-5.
- **Houses of Worship** (within the city)- Service available everyday, at anytime for religious observation.
- **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 6 days a week. Pick-ups begin at 8:00. Returns through the day until 4:00. Saturdays begin at 10:00. (Center open 8:30-4:00, Mon. –Fri./ 10-4, Saturday)
Reserve by 4:00 the previous day.

Vouchers are good for all of the above services

Vouchers are available at a suggested *voluntary* donation in books (\$40 for 20 vouchers) or individually at \$2 per voucher (1 used each way), at the Senior Center, or by mail, by calling 617-796-1660.

These services are provided regardless of donation.

Make all reservations by calling 617-796-1288.



If you have questions about whether your destination is part of our service, please call Alice Bailey at 617-796-1664 for specific information.



"OTHER Transportation Services"

Busy Bee Medical Transportation – medical transportation outside Newton. Suggested donation is **\$4.00 each way**, and requires 2-day advance reservations. *Call 1-800-427-0230*

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

Marvelous March

The Faces of History

History buffs and others... Wednesday, March 26, at 10:30am, join Charlotte Dooling for a discussion about "Chief Justice Earl Warren".

Elder Law

Legal consultation, by appointment, is available at the Newton Senior Center on the first Friday of each month. Call 617-796-1660 to meet with law students from Boston College Elder Law program. The students are supervised by a law professor and there is no charge. (March 7)

VOLUNTEER MEETING

Monday, March 17 at 1:00.

Current Events & Speaker

This group meets on Thursday mornings at 10:00. On March 13, the Newton Senior Center Chamber Music Ensemble will perform. On March 27, SOAR, Service Opportunities After Retirement, will explore volunteer opportunities in the community. Alternate Thursdays are reserved for "current events" discussions.

SPORTS-TALK!

Join Bruce Mansfield, athlete and self-proclaimed "sports-nut", every other Tuesday at 10:30. (March 4 & 18) Come share sports trivia, relive your glory days and be a Monday morning quarterback for current sports events! All welcome to gather in our "Game Room"... *Play ball!*

Alderman Holds Office Hours at Senior Center

Alderman Stephen Linsky will hold "open" office hours at the Newton Senior Center on Thursday, March 27, 2008 from 12:30 -2:00. Just drop-in!

Hopper Group Meets

Talk about the life and art of Edward Hopper. The first Wednesday of each month, at 10:30. (March 5)

The Operas of Mozart

On the second Wednesday of each month (March 12) at 10:30, opera buffs will gather.

Computer Orientation & Registration

Come register for 6 weeks of computer classes (\$40), one teacher/ one student, on Wednesday, March 5 at 10:00. Plan to arrive early to get a low number. Slots given in order of arrival. Student must have access to a computer. No early registrations accepted. The session runs March 10-April 18.

Spring Celebration!

Wednesday, March 19, celebrate Spring with pizza sponsored by Benchmark Senior Communities. Please pre-register by 11:00 the previous day. Lunch is served at 11:45. *Entertainment by the Daytime Singers*, a local Barbershop Quartet.

WOMEN Speak Out ...\$\$\$

Please come and share your *economic concerns as women* living in Newton. Talk about housing, health, personal and family issues as related to financial matters. Newton Senior Center Refreshments served.

Tuesday March 18th 1 –2:15 p.m..

Sponsors:

Newton Women's Commission, The Human Rights Commission, and The Department of Senior Services.

For questions call Adele at 617-969-5796

MARCH WINDS

Lunchtime piano: (11:45-1:00)

Every Wednesday & alternate Fridays enjoy the magic fingers of Vic King. On alternate Fridays enjoy the marvelous melodies of Harold Kaswell. (*see calendar*)

Tuesdays, 1:30... Newton Swing Band, All welcome!

Wednesdays, 9:00...

Newton Senior Center Chamber Music Ensemble.

All welcome!

Want to change your Medicare Health Plan?

During March, you have one chance to change your Medicare Health Plan. Your new coverage would start on April 1. During this time you **cannot** add or drop (Part D) Medicare drug coverage. Special rules apply to members of Prescription Advantage, MassHealth, and anyone qualifying for "extra help" (LIS) with the costs of Medicare Part D.

After March 31, you cannot change your Medicare Health Plan until November 15 -December 31 (2008), the Medicare Annual Open Enrollment Period, and your new coverage will start January 1, 2009. There are Special Enrollment Periods for persons first becoming eligible for Medicare, and persons who involuntarily lose health insurance. If you have special circumstances, you need to speak with a SHINE counselor.

If you need help with health insurance, **SHINE** (*Serving Health Insurance Needs of Elders*) offers free counseling at the Newton Senior Center. Call 617-796-1660 and ask for a SHINE appointment. Call 1-800-AGE-INFO (1-800-243-4636).

The Newton Senior Center regrets
the
passing of dear friends Dorothy
Beatrice,
Arnold Cohen , Elliot



*Join Department of Senior Services Director,
Jayne Colino, for "Dialogue with the Director"
March 13, Thursday.*



Many Thanks...

In memory of Bernard Rome:

- Nan & Ed Britt
- Howard & Beverley Cohen
- Adam Puritz & Robin Neiderman
- Marcia Ratner
- David Garman & Kira Finkler
- Fay Cohen

In memory of Gloria Prince's sister, Bea Carp

In appreciation of Fitness Programs, Bob & Elinor Harris

For our Chinese New Year Celebration, Sam & Nancy Yee

In honor of Connie Slaughter's Birthday:

- Skippy Yoffee
- Doris Perry

In honor of Pearl Rosenthal's Birthday

- Doris Perry
- Skippy Yoffee

In honor of Ruth Goldstein's Birthday

- Ida Goff
- Doris Perry
- Skippy Yoffee
- Pearl Rosenthal

For a Spring Pizza Party, Benchmark Senior Communities

For entertainment at our Spring Party Daytime Singers,

Conversion from Analog to Digital Television

At midnight, **February 17, 2009**, *digital TV* will replace the analog system. There are several ways to prepare:

- Buy a new TV that has a built-in ATSC tuner.
- Buy a Digital-to-Analog Converter Box.
- Subscribe to a Cable TV or Satellite TV service.



VCRs and DVD players are also subject to the analog cut-off date. *Coupons* towards the purchase of a digital-to-analog converter box will be available shortly. All households that own a TV with analog reception are eligible for up to 2-\$40 coupons, by calling **888-DTV-2009**, (1-888-388-2009) or www.DTV2009.gov.

On May 8, at 10:00 the Current Events/Speakers group will host a talk on this subject. All welcome!

Health Matters

The Low-Vision Group meets the first Monday of the month, 10:00am. (March 3)

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



HealthStop...

Monday, March 10, at 10:30

*Due to weather the talk on Diabetes and the Elderly
is re-scheduled to the March meeting
at the Newton Senior Center*

FIT Fitness into Your Life!



- Mondays... **Chair Yoga** 2:00pm
- Mondays... **Line Dancing** 10:00am
(*\$40 for 8 weeks... rolling sessions*)
*pre-register for April 7-May 31 session
by April 1*
- Tuesdays & Fridays...
Aerobics 9:00am
Muscle Conditioning 10:30am
- Thursdays... **Chair Yoga** 1:00pm
Floor Yoga 2:00pm

(Aerobics, Muscle conditioning and Yoga are drop-in programs. Suggested donations are \$2 per class.)

A MATTER OF BALANCE

A "**Fall Prevention Program**" Sponsored by
Newton/Wellesley Hospital / Partners Healthcare
No charge for this program.

Call 617-796-1665 to get on the wait list. Next session
starts April. (Wednesdays, 1:30-3:30)

&

BEYOND BALANCE

8-weeks of strengthening exercises to improve balance.

Pre-register with payment- \$40. Mondays 1:00-2:00

March 17-May 12.

at the Newton Senior Center

For more information about these 2 programs.

See page 14.

RESERVED FOR SPONSORS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00-4:00- Pool Cues 10:30- American Short Story as Literature 12:30- movie- "Gone Baby Gone"
2	3 9-12- Pool Cues 10 Low Vision Group 10 Line Dance (pre-register) 11:45- Lunch - Chicken Parmesan Roast Beef /Cheese 1- NewsTalk 1 Scrabble 1- Monday Games 2- Yoga (chairs)	4 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 10:30 Sports-Talk 11:45- Lunch Macaroni/Cheese Turkey/Swiss Plate 1-Bingo 1:30 Swing Band	5 9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 9:30- Mah-Jong Manners 10 Computer Regis. 10:30 Hopper Talk 11:45- Lunch- Salisbury Steak California Chicken Salad Vic King- piano 1- Duplicate Bridge 1-3 Bridge lessons (pre-regis) 1- SHINE	6 10- Current Events/Speakers 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Roast Turkey Ham/ Cheese 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	7 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30 Men's Health 10:30- Muscle Condition 11 Dental Appt. Screen 11:45- Lunch- Egg Salad Lemon Pepper Fish Harold Kaswell - Piano 12 Legal Appts. 12- Chess Nuts 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	8 10:00-4:00- Pool Cues 10:30- American Short Story as Literature 12:30- movie- "The Namesake"
9	10 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 HealthStop 11:45- Lunch - Pot Roast Breaded Chicken Pattie 1- NewsTalk 1 Scrabble 1- Monday Games 2- Yoga (chairs)	11 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch Pier #17 Fish Chef Salad 1-Bingo 1:30 Swing Band	12 9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 9:30- Mah-Jong Manners 10:30 Operas of Mozart 11:45- Lunch- Hawaiian Chicken Roast Beef/Cheese Vic King- piano 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE 1 Book Club (canceled)	13 10- Current Events/Spkrs Chamber Music Ensemble 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Corned Beef Stew Special <i>Dialogue w/ Director</i> 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	14 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 9:30-12 Healthy Eating (pre-register) 10:30- Muscle Condition 11:45- Lunch- Cheese Lasagna Tuna Salad Vic King- Piano. 12- Chess Nuts 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	15 10:00-4:00- Pool Cues 10:30- American Short Story as Literature 12:30- movie- "The Waitress"
16	17 9-12- Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Baked Ham Turkey/Cheese Plate 1 Volunteer Mtg 1- NewsTalk 1 Scrabble 1- Monday Games 1-2 Beyond Balance (pre-register) 2- Yoga (chairs) St. Paddy's Day	18 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 10:30 Sports-Talk 11:45- Lunch Chicken Noodle Casserole Chicken Salad 1 Women's Speak-Out 1-Bingo 1:30 Swing Band	19 9-12 Health Clinic 9- 10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 9:30- Mah-Jong Manners 11:45- Lunch- Pizza Special! Spring Celebration "Daytime Singers" 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE	20 10- Current Events/Speakers 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Chicken Paprika Roast Beef/ Cheese 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) First Day of Spring!	21 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 9:30-12 Healthy Eating (pre-register) 10:30- Muscle Condition 11:45- Lunch- Breaded Fish/ Cheese Egg Salad Harol Kaswell- Piano. 12- Chess Nuts 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film Good Friday	22 10:00-4:00- Pool Cues 10:30- American Short Story as Literature 12:30- movie- "The Heartbreak Kid"
23	24 9-12- Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Beef Stew Ham /Cheese 1- NewsTalk 1 Scrabble 1- Monday Games 1-2 Beyond Balance (pre-register) 2- Yoga (chairs)	25 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch Baked Chicken Supreme Chef Salad 1-Bingo 1:30 Swing Band	26 9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 9:30- Mah-Jong Manners 10 Faces of History 11:45- Lunch- Crumb Baked Fish Roast Beef/Cheese Vic King- piano 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE	27 10- Current Events/Speakers SOAR, Volunteer Talk 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Roast Turkey Ham/ Cheese 12:30- Ceramics (pre-register) 12:30-2 Alderman Stephen Linsky Sees Citizens 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	28 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 9:30-12 Healthy Eating (pre-register) 10:30- Muscle Condition 11:45- Lunch- Stuffed Shells Chicken Salad Vic King- Piano 12- Chess Nuts 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	29 10:00-4:00- Pool Cues 10:30- American Short Story as Literature 12:30- movie- "Hairspray"

RESERVED FOR SPONSORS

Information Station

NEWTON UPPER FALLS SENIORS

*Newton Community Center
51 Pettee Street, Newton Upper Falls*

“March Meeting”

(entertainment starts at 10:00am)

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March 5... Beverly Jennings: *Songs & Laughter*

March 12... BINGO

March 19...

Poet, Douglas Worth will read from his work.

March 26... Newton Free Library:  
Books,books,books!

*Refreshments served... guests welcome!*

### **Literary Magazine 2008!**

The Newton Senior Center is collecting your submissions for the 2008 Literary Magazine. Please include your name, address and phone on each submission.

**Visit the NEWTON SENIOR CENTER**  
*website*

**www.Newtonseniors.org**

*Site developed by Senior Web Solutions with  
a Grant from Merck Company Foundation*



### **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.*

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### **Wrap Yourself in a Newton Throw!**

Newton Throws come in 4 colors. Each throw is \$50 and the proceeds benefit the Newton Council on Aging. Throws are available at the Senior Store during regular operating hours.

## **GETTING TO KNOW YOU!**

*Call Joanne at 617-796-1670 and make an appointment for a tour of the Newton Senior Center.*

### **Volunteers Needed**

Volunteers needed at the Senior Center to help serve lunch. If you are interested please call Joanne at 617-796-1670.

**Make friends while making someone's day!**

***When the Newton Senior Center is closed or has a delayed opening because of weather, announcements are made on WRKO Radio, Channel 7 News, Newton Cable-NewTV and on the center phone recording (617-796-1660). Please call after 7:00 week-days & after 9:00, Saturdays. Weather conditions beyond the Newton area may affect Saturday openings, please call ahead.***

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When the center has a 2-hour weather delay the doors will open at 10:30am, programs scheduled before 10:30am will be cancelled and our transportation system will be delayed 2 hours.

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### **Senior Citizen Parking Stickers** *available at the Newton Senior Center.*

*Newton residents, 65 years+ must show license & registration, both with Newton address. Personal leased cars need a copy of the lease agreement. Stickers good for 2-year cycle at \$6. (New cycle began July 2007).*



### **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 at 12:00 noon & 5:30pm  
Channels- 9,10 or 15  
depending on your cable provider*

## FROM THE DESK OF OUR SOCIAL WORKER



### S.A.D. F.A.C.E.S: Women's Depressive Symptoms

*Depression* is more common in women than men and may have distinctive gender-related symptoms. S.A.D. F.A.C.E.S. is an acrostic created by Kimberly Yonkers, MD, a psychiatrist at Yale University School of Medicine. In April 2007, *Women's Health Advisor* wrote about Dr. Yonkers' acrostic -

#### ***S.A.D. F.A.C.E.S. Symptoms:***

**S**leep problems; especially oversleeping

**A**nhedonia or **A**gitation loss of pleasure (anhedonia) can be accompanied by slowed thinking and movement or feeling agitated

**D**epressed mood most of the day

**F**atigue or loss of energy

**A**ppetite; overeating is common

**C**oncentration difficulties

**E**steem diminished, or feelings of guilt

**S**uicidal thoughts or recurrent thoughts of death"

A woman who experiences SAD FACES symptoms for more than 2 weeks should see her primary care physician. No one should have on-going symptoms of depression without treatment – talk therapy, medication or a combination of both. Kathy Laufer, LICSW is also available to consult with you if you are experiencing depressive symptoms.

### Creative Communication

Beginning April 1<sup>st</sup> (Mondays at 1:00pm), the social service department will lead a 6-week creative communication group. This group will use various creative techniques to initiate group discussion including interpretive reading, creative writing and more. Through expressive activities, group members will share stories and experiences that have touched their lives. To pre-register for the Creative Communications group please call Melissa Finan, Social Work Intern at 617-796-1674. Space is limited and registration ends March 27<sup>th</sup>.

### Used Medical Equipment & More!

The social service department at the Newton Senior Center recycles used durable medical equipment and other small household items. *To pick up or donate an item, please call Meghan at 617-796-1672.*

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Does someone you love have a memory disorder?

The National Safe Return Program, coordinates efforts to locate and recover wanderers.

Register them with the *Alzheimer's Association Safe Return Program*.

Call 1-800-548-2111

You can also call the Newton Police Department, non-emergency number (617-796-2100) and request that your loved one be placed in the local database of potential wanderers.

Around Town*

Need minor house repairs but can't afford them?
If you are 62 years old or older *or* physically or mentally challenged *and* a Newton resident you may be eligible for a GRANT for home repairs. *Call the Newton Housing Rehabilitation Fund at: 617-796-1150*



LIVING WITH PARKINSON'S

"Resource, Networking & Support" First Thursdays, 10:30-12

Jewish Family & Children's Service

1430 Main Street, Waltham- 781-693-5069

For Caregivers *and* those with PD

Funded by the Okonow & Robbins Families

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

SPRING RABIES CLINICS

(For more information, call the Newton

Department of Health & Human Services-617-796-1420)

Saturday... April 5, 9:00- Noon

Monday... May 5, 5:30-7:30 PM

Wednesday... June 4, 5:30-7:30PM

Fire Station #4, 195 Crafts S., Newtonville.

Dogs & cats must be leashed or in carrier. \$10 fee

The Fix-It Fellas!

The fix-it fellas will attempt to repair your small appliances.

Drop items at the Scandinavian Living Center,

206 Waltham St. *on* Wednesdays, 1:00-3:00.

Cost of parts required. Donations welcome.

SOAR- Service Opportunities After Retirement

Questions? 617-969-5906 x 114

"Brain Ticklers"

Languages at the Senior Center!

(\$1 donation)

Tuesdays... **Beginner Spanish**, 9-10:30

Intermediate Spanish, 10:30-11:30

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

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

"BOOK LOVERS"

The Short Story as American Literature

Literature lovers, *read & analyze great short story selections* with *Rona Swartz*, Renaissance Woman, at 10:30am, Saturdays.



Book Club

Join Charlotte Dooling, historian & teacher, discusses the "*Mistress of the Elgin Marbles*" by Susan Nagel, at 1:00 on Wednesday, April 9. (No March meeting!)



Live Poet's Society!

Do you have the soul of a poet? Join others in a "poet's society" group that will share in the joy of each other's work, encourage the muse to come out and play and revel in the works of the great poet's of history. Join Mort Brenner on Tuesdays, 10-11 am.

Express Yourself!

- **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. \$35 for 8 weeks
- **Chinese Painting**- Fridays, 1:00 Find your creative self in this ancient art. \$28 for 8 weeks
- **Writing Group**- Fridays, 10:00-11:30. Bring your writing to share with other wordsmiths. Drop-in!

ARE YOU GAME?

Space to play Mah-Jongg, Bridge, Scrabble and other games available every Monday & Thursday, 1:00-3:45pm in the Dining of the Senior Center. Bring your 2-some, 3-some or 4-some. Perhaps even learn a new game! **Duplicate Bridge** every Wednesday at 1:00 (\$2)



“A Sure Sign of Spring- Robin Resnick!”

Ask anyone over the “age of flexibility”, fifty years plus, and they will tell you their biggest concern is falling and breaking something! They do not mean the good china...

Falls that cause broken bones, slight fractures and sprains can change one’s life in many ways. At the Newton Senior Center we are fortunate to be able to offer two programs that pro-actively address the concern about *falling down*.

The first program is called “*A Matter of Balance*” led by Robin Resnick. This program was born of a study done at Boston University funded by the National Institute on Aging (NIA) within the National Institutes of Health”. The study found that a combination of support (sharing like concerns with others) and information delivered through videos and teacher expertise, when added to strengthening exercise, can increase awareness and confidence and lead to, fewer and less serious falls. Participation in this program offers no guarantees, but the over 300 people who have attended in the last several years have overwhelmingly proclaimed its value. Robin Resnick is a trained group leader and comes to the center via a grant from Newton/Wellesley Hospital, which sponsors this program. Robin is a personal trainer well versed in muscle strengthening and training. There is no charge for participation. The requirement for taking this 8 week course is a commitment to attend the 2 hours per week for 8 weeks. (Wednesdays 1:30-3:30) There is a wait list. You may call 617-796-1665 and leave your name and phone number with a message that you are calling about the Matter of Balance Course. You *will be notified* when your name comes up. If you cannot attend that session, your name will go back on the list for the following session. Individuals may take this class only one time. Those wishing more, should consider the “Beyond Balance” class described below.

The second program, “*Beyond Balance*” is led by Robin, as well. Developed in response to the suggestions of those who have taken the Matter of Balance course, this offers an opportunity to reinforce the lessons learned about beneficial exercises in the first class. The Beyond Balance program focuses on exercise with one hour of strengthening movement. A \$40 payment holds your space for the 8 weeks of class. This class may be repeated as often as desired.

If you are over the “age of flexibility” and want to stride with more confidence, let Robin put some “Spring” in your step!

“How’s Calls”by Howard L. Kramer, M.D., Ph.D.

The Men’s Health Group meets the first Friday of each month at the Newton Senior Center.

This month’s meeting will be on March 7, at 10:30 a.m.

The TLC Paradox

TLC refers to the “Tender Loving Care” that ideally we will receive from our health care providers. Much as they may wish to deliver fully on that expectation, the providers may be limited by restrictions on time, money, personality, and skill. Fortunately, there is another, side to the TLC coin, and that is the TLC that you, the patient, can bring to the table.

T is for the TRUST that you have in your physician. You know this because you chose him carefully.

L is for LITERACY. “Health Literacy (HL)” is defined as “. . . the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.” One with good HL can interpret prescription drug labels, health-related brochures and questionnaires, doctors’ instructions, informed consent papers, and more. A 2004 Institute of Medicine report revealed that almost half of all adults in the US lack adequate HL. Studies show that good HL promotes better health and longer life. The federal government and health system leaders recognize that major progress will require improvement on the part of health care providers to help patients learn about health, access more clearly written health materials and find methods to verify that information given is being understood. Last December, the National Health Literacy Act of 2007(S. 2424), was introduced in the U.S. Congress “to ensure that all Americans have basic health literacy skills to function effectively as patients and health care consumers.” Help is on the way, but in the interim, your Mission Possible, is to continue to improve your own HL. A major source for your health education is the Internet (in addition to conventional resources). An excellent internet health education web-site is, The Partnership for Healthcare Excellence, where you can find links to a wealth of reliable information and organizations. (<http://www.partnershipforhealthcare.org>).

C is for CARING. Beloved Harvard physician Francis W. Peabody told his students in 1925: “. . . the secret of the care of the patient is in caring for the patient.” Not only the physician, but also you the patient, must CARE for the patient. This caring motivates one to do the hard work required in dealing with an imperfect health care system – the work to understand complex medical concepts, to seek out explanations and options, to verify that you agree with what is being recommended. If you care deeply and believe in your ability to have a positive impact, you will approach this task with vigor and enthusiasm. *Your health care will flourish when your doctor and you contribute to a two-way TLC flow and become a dynamic and effective “TLC Pair o’ Docs.”*

OVER 55 MARCH 2008

WWW.CI.NEWTON.MA.US/PARKS CLICK ON "OVER 55" or call Nancy at 617-796-1506

Newton Department of Parks & Recreation

BOWLING	Every Monday at 9:30 am at the Fairway Lanes in Natick
THURSDAY CARDS	Thursdays 11:30 -4 PM at the Scandinavian Living Center 206 Waltham Street, Newton. Enjoy an afternoon playing Golf & Scat.
CRIBBAGE	Every Monday, 10AM to 3:00 PM at the Albemarle Field House.
WALKING CLUB	<i>Early Morning Walkers</i> Monday- Friday, 7AM- Albemarle Field House.
BALLROOM DANCE	Ballroom & Line Dancing- Emerson Community Center, Pettee St, Newton Upper Falls. Helen Murphy plays your favorites. \$2 donation.
PILATES	Pilates and Muscle Toning, Wednesdays 6:15-7:15PM at the Lower Falls Community Center, 545 Grove Street.
AEROBICS	<i>Workers Workout</i> - Low impact aerobic Tuesdays & Thursdays- 6:15-7:15 PM, Lower Falls Community Center. \$100 for 10 weeks.
Senior Games	Newton Champions Club seeks athletes 50+ to compete in State Games in June, Springfield College. Call Nancy at 617-796-1506.
Ping Pong	Senior Table tennis at the Boys & girls Club on Tuesdays/Thursdays 11:30-12:30/ To register call Nancy at 617-796-1506.
Day Trips	Trips to Theatre, Foxwood's and points of interest. Call Nancy, 617-796-1506.
WINTER WORKOUT	Walking & Weight Training- Walk the indoor track or do weight training. Newton South Recreation Complex. Donation \$2.



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