

April 2008



Coming of Age in Newton

On April 15, at 7:30pm, the Newton Council on Aging will host a forum looking at the topic of “growing older” in our community. If you are 40 years or 80+, this is a conversation for you! The public is invited to join in this opportunity for questions, answers and dialogue with this distinguished panel:

- State Representative, *Ruth Balseer*
- Secretary, Massachusetts Executive Office of Elder Affairs, *Mike Festa*
- Under Secretary, Massachusetts Executive Office of Elder Affairs, *Sandra Albright*
- Professor Emeritus, Heller School for Social Policy and Management, *Jim Callahan*
- Executive Director, Massachusetts Association of Older Americans, *Ann L. Hartstein*
- Geriatrician, Massachusetts General Hospital, *Ken Minaker*.

Refreshments will be served.

For transportation call 617-796-1288

Special visit!

Mike Festa, the new Secretary of the Executive Office of Elder Affairs, will visit the Newton Senior Center on Friday, April 25, 2:00pm. As he tours the building, he will see first-hand the programs and services provided through the Newton Department of Senior Services.

We know that in the course of his visit he will feel that special something that makes this center unique... and so very important to so many people. We look forward to welcoming him and “showing off” a bit!

Please join us and share your thoughts with Secretary Festa.

Please note the signs in the parking lot behind the Newton Senior Center, indicating the entrance, the exit and the handicapped spaces. Thank you!



TRANSPORTATION EVALUATIONS

All Newton Senior Services Transportation users should have received evaluations in the mail recently. It is most important that each rider fill out the form and answer the questions included. You may enclose the evaluation in the self-addressed envelope provided or drop off the completed form with our receptionist.

We thank you in advance for helping us in our efforts to serve you.

Anyone wishing information about our transportation service should go to page 3- “Getting Around”.

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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.

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"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.*

Awesome April

The Newton Senior Center will be closed on Monday, April 21, for the Patriot's Day Holiday.

The Faces of History

History buffs and others... Wednesday, April 23, at 10:30am, join Charlotte Dooling for a discussion about "President Ronald Reagan".

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. (April 4)

VOLUNTEER MEETING

Monday, April 28 at 1:00.

Current Events & Speaker

This group meets on Thursday mornings at 10:00. On April 4, the *Hospice of the Good Shepard* will present an informational program. On April 17, Charlotte Dooling will speak about *General Douglas MacArthur*. Alternate Thursdays are reserved for "current events" discussions.

Alderman Holds Office Hours at Senior Center

Alderman Stephen Linsky will hold "open" office hours at the Newton Senior Center on Thursday, April 24, 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 month, at 10:30. (April 2)

The Operas of Mozart

On the second Wednesday of each month (April 9) at 10:30, opera buffs gather.

Computer Orientation & Registration

Come register for 6 weeks of computer classes (\$40), one teacher/ one student, on Wednesday, April 23, at 10:00. Plan to arrive early to get a low number. Registration taken in order of arrival. Student must have access to a computer. No early registrations accepted. The session runs April 28- June 6.

DROP-IN COMPUTER HELP

Fridays, 1:00-2:30, drop-in with your questions and Sharon will assist you. If you have a lap-top, bring it!

Computer Talk with Eric!

Eric Hutchinson, of the City of Newton, Information Technologies Department, will speak about, "How to Buy a Computer!", on Wednesday, April 30 at 10:00. All welcome!

Spring Celebration!

Thursday, April 17, celebrate Patriot's Day with lunch, music and dancing. Please pre-register by 11:00 the previous day. Lunch is served at 11:45. Music by John Rampino.

What is the Economic Stimulus Program?

The federal government is gifting taxpayers with a check upon receipt of their tax returns. If you want to know more, please come to the Newton Senior Center on Wednesday, April 2, at 1:00. You only have until April 15, to file your tax return and become eligible for this money! *See page 5 for more information.*

Getting Started

"What to do when your family member has memory loss." The Alzheimer's Association will present a program of questions, answers and support, at the Senior Center on Wednesday, April 9, from 6:30-9:00pm. All welcome.

April Drumbeat

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!

Be Sure to File a Tax Return to Receive Your Economic Stimulus Check-----April 15, is the Deadline!

To help stimulate the economy, the federal government will be sending checks to 130 million households.

If you normally file taxes, simply complete a tax return for 2007 as usual. A check will be sent to your home, or you can choose direct deposit. Payments will be up to \$600- individuals and \$1,200- married couples. This check is separate from any other tax refund.

If you do not normally file a tax return because your income is below the required level, you still may be eligible as long as you received at least \$3,000 in 2007.

You must complete IRS tax form 1040A to receive your stimulus payment. You may qualify for up to \$300- individuals or \$600- married couples filing jointly. You can get the form at most public libraries or post offices or online at www.irs.gov.

The check you receive will not count toward other benefit programs (such as food stamps, Medicaid, or Section 8 housing) as long as:

** You spend the money within two months of receiving it*
OR

** The payment does not raise your savings above the limit allowed by your benefit programs.*

If you receive only Supplemental Security Income (SSI) income *or* are claimed as a dependent on another person's tax return, you are not eligible for a stimulus payment.

For more information: IRS Web site at www.irs.gov and www.aarp.org/money/taxaide.

*Join Department of Senior Services Director,
Jayne Colino, for "Dialogue with the Director"
April 15, Tuesday.*

Many Thanks for your generous donations...



In appreciation of assistance with tax preparation:

- Mary Cause
- Anthony DeProfio
- Helen Winters
- Oscar Baron
- Joan Jones
- Maria Mazzola
- Ann Pilla
- Nile & John Kim
- Marjorie DeRosa

In appreciation of the Senior Center:

Vaccines Administered Under Medicare Part D

Some vaccines are covered by Medicare Part D or Medicare Part B. Those vaccines not covered by Medicare Part B are generally covered by Part D. Medicare Part B currently covers, **and will continue to cover** :

- Pneumonia vaccine
- Influenza virus vaccine
- Hepatitis B vaccine for those at high or immediate risk.

All Part D plans are required to cover commercially available vaccines, not covered by Part B. Not all vaccines covered by Part D are listed in their formularies. Contact your Part D plan for coverage and payment info.

A vaccine may be covered under Part B or Part D.

Hepatitis B vaccine is covered under Part B for intermediate or high risk patients. Those not meeting these criteria can obtain the vaccine under Part D.

Payment for Administration of Vaccines: If an **in-network pharmacy** administers the vaccine, they will bill the Part D plan and collect a co-payment from you. If the vaccine is administered in a **physician's office**, the doctor will bill you for the entire amount and you will need to submit a paper claim for reimbursement from your plan. Questions??? Call for a SHINE appointment, 617-796-1660. SHINE (Serving the Health Information Needs of Elders) is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Massachusetts Councils on Aging and other local agencies.

Health Matters

The Low-Vision Group meets the first Monday of the month, 10:00am. (April 7)

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, April 14, at 10:30

See page 14

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. 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
at the Newton Senior Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>9-10- Aerobics 1 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch Fish Florentine Peppercorn Turkey Plate 1-Bingo 1- Creative Communication (pre-reg) 1:30 Swing Band</p>	<p>9-12 Health Clinic 2 9-10:30 Chamber Music 9-12- Pool Cues 9:30 – Fine Art Studio 9:30- Mah-Jong Manners 10:30 Hopper Talk 11:45- Lunch- Chicken Kielbasa Tuna Salad Vic King- piano 1- Economic Stimulus Program 1- Duplicate Bridge 1-3 Bridge lessons 1- SHINE</p>	<p>3 10- Current Events/Speakers “Hospice Talk” 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Chicken/Broccoli/Penne Roast Beef/ Cheese Plate 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>4 9-10 Aerobics 9:30-12 Healthy Eating pre-r 10:00- Writing 10:30 Men's Health 10:30- Muscle Condition 11:45- Lunch- Swedish Meatballs Breaded Chicken Pattie Harold Kaswell - Piano 12 Legal Appts. 12- Chess Nuts 1-2:30 Drop-in Comp. Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>	<p>10:00-4:00- Pool Cues 10:30- American Sho Story as Literatur 12:30- movie- “The Great Debater</p>	
6	7	<p>9-10- Aerobics 8 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch Stuffed Chicken Breast SPECIAL 1-Bingo 1- Creative Communication (pre-reg) 1:30 Swing Band</p>	<p>9-12 Health Clinic 9 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- Salisbury Steak California Chicken Salad Vic King- piano 1- Duplicate Bridge 1-3 Bridge Lessons 1- SHINE 1 Book Club 6:30-9:30pm-Getting Started</p>	<p>10 10- Current Events/Speakers 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Roast prk Seafood Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>9-12- Health Clinic 11 9-10 Aerobics 9:30-12 Healthy Eating (pre-register) 10:00- Writing 10:30- Muscle Condition 11:45- Lunch- Lemon Pepper Fish Egg Salad Vic King - Piano 12 Legal Appts. 12- Chess Nuts 1-2:30 Drop-in Computer Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>	<p>10:00-4:00- Pool Cues 10:30- American Sho Story as Literatur 12:30- movie- “Kite Runner”</p>	
13	14	<p>9-10- Aerobics 15 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch BBQ Pork Rib Turkey Salad Dialogue w/ Director 1-Bingo 1- Creative Communication (pre-reg) 1:30 Swing Band - (performing out of the building today)</p>	<p>16 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- Veggie Quiche Tuna Salad Vic King- piano 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE</p>	<p>17 10- Current Events/Spkrs Talk on Gen. MacArthur 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Patriot's Day Party American Chop Suey California Chicken Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>9-12- Health Clinic 18 9-10 Aerobics 9:30-12 Healthy Eating (pre-register) 10:00- Writing 10:30- Muscle Condition 11:45- Lunch- Baked Fish or Chef Salad Harol Kaswell- - Piano 12- Chess Nuts 1-2:30 Drop-in Com. Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>	<p>10:00-4:00- Pool Cues 10:30- American Sho Story as Literatur 12:30- movie- “Love in the Time of Cholera” Passover begins at Sundown</p>	
20	21	<p>Center closed for Patriot's Day Holiday</p>	<p>23 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 Registration 10 Faces of History 11:45- Lunch- Stuffed Pepper Roast Beef/Cheese Plate 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE</p>	<p>24 10- Current Events/Speakers 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Chicken in Crean Sauce Egg Salad 12:30- Ceramics (pre-register) 12:30-2 Ald. Steve Linsky sees citizens 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p><i>Mike Festa Visits!</i> 9-12- Health Clinic 25 9-10 Aerobics 10:00- Writing 9:30-12 Healthy Eating (pre-register) 10:30- Muscle Condition 11:45- Lunch- Beef Stew Turkey/Cheese Plate Vic King Piano 12- Chess Nuts 1-2:30 Computer Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>	<p>10:00-4:00- Pool Cues 10:30- American Sho Story as Literatur 12:30- movie- “American Gangste</p>	
27	28	<p>9-10- Aerobics 29 10:30 Muscle Condition 9-10- Beginning Spanish 10 Live Poet's Society 10:30-11:30 Intermediate Spanish 11:45- Lunch Hot Dog Roast Beef/ Cheese 1-Bingo 1 In Stitches 1- Creative Communication (pre-reg) 1:30 Swing Band</p>	<p>30 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 Talk 11:45- Lunch- Pot Roast Calaifornia Chicken Salad Vic King- piano 1- Duplicate Bridge 1-3 Bridge lessons (pre-register) 1- SHINE</p>				
		<p>9-12- Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Stuffed Shells Seafood Salad 1- NewsTalk 1 Volunteer Meeting 1 Scrabble 1 In Stitches 1- Monday Games 1-2 Beyond Balance (pre-register) 2- Yoga (chairs)</p>					

Information Station

NEWTON UPPER FALLS SENIORS

Newton Community Center

51 Pettee Street, Newton Upper Falls

April 2...Billy Brusso & guitar

April 9... BINGO

April 16... Dan Hart

April 23... Vacation

April 30... To be announced

(entertainment starts at 10:00am)

Refreshments served... guests welcome!

What Would You Do With An Extra \$350.....?

Prescription Advantage may be able to help pay for your *Medicare prescription drug plan* premium (Part D). Depending on your income and the Part D plan you choose, you could save as much as \$350 in premium costs. Prescription Advantage can save you money by paying your Part D deductible and lowering your co-payments. It will also cover you if you reach the "donut hole".

Find out how much money you can save by calling Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.


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.*

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.

The Newton Senior Center
 regrets the passing of
 dear friend,
 Chris Roberts. 

Visit the NEWTON SENIOR CENTER

website

www.Newtonseniors.org

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

Spring Cleaning?

Think of Us!

The store at the Newton Senior Center needs your stuff! We want your costume jewelry, excess yarn and other good stuff. NO appliances or clothing please! Drop off: Monday-Friday, 8:30-4, Saturdays, 10-4. *Thank you!*

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.

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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. (Next cycle begins July 2009). Stickers are good in all city lots.

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



BE WISE – DON'T BE VICTIMIZED

It seems that everyday there is a new scam – by mail, telephone or e-mail. The latest involve the Economic Stimulus Payments. The Internal Revenue Service (IRS) has issued warnings that several e-mail and telephone scams have been making the rounds. These use the IRS name and involve proposed rebates as bait. *Don't bite* cautions the IRS: never reveal personal and financial information to anyone! This information can be used to empty your bank accounts, charge your credit cards, or steal your identity.

The IRS has identified the following scams:

- **“Rebate Phone Call”** - this scheme alleges that the caller is from the IRS and asks the consumer for their bank account information in order to direct deposit their rebate
- **“Paper Check Phone Call”** – the caller claims to be an IRS employee checking on an uncashed check and requesting a bank account number
- **“Refund e-Mail”** – claims to come from the IRS and instructs the consumer to click on a link to get to a refund claim form which then asks for personal information
- **“Audit e-Mail”** – notifies the consumer that their IRS return will be audited and tells the consumer to click a link to complete a form requesting personal and account information
- **“Changes to Tax Law e-Mail”** – which may download a code which can take over your computer

The only way to access the IRS website is through www.irs.gov! Do not click on a link in any e-mail or open an attachment. And never give information unless you have initiated the call.

Creative Communication

Beginning April 1st (Tuesdays 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 27th.

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.*

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

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 Rhona Swartz, Renaissance Woman, at 10:30am, Saturdays.

Book Club



Join Charlotte Dooling, historian & teacher, discuss the "*Mistress of the Elgin Marbles*" by Susan Nagel, at 1:00 on Wednesday, April 9.

Express Yourself!

- ***In Stitches***- Mondays, 1:00pm. Sew items for our store! All materials provided.
- ***Live Poet's Society***- Tuesdays, 10:00am. Share your work find inspiration and more!
- ***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!

We need

"Standard American Mah-Jongg" sets.

(No Chinese sets, please!)

Call Joanne at 617-796-1670

to make donation arrangements.

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)

Exercise and the Older Adult: Fit It In

Claudia Quinn, RN, MS

It is never too late to start exercising. Exercise improves heart and lung function, reduces the risk of heart disease, decreases anxiety and depression, and even slows the aging process.

It is safe for most adults older than 65 to exercise. It is best to check with your doctor first if you have any medical concerns. Most chronic medical conditions actually improve with exercise.

It is important to start slowly with exercise you are comfortable doing. This makes it less likely that you will injure yourself and helps prevent soreness from “*overdoing*” it. “No pain, no gain”, is not true for older adults. You do not have to exercise at a high intensity to get most health benefits.

It is important to wear loose, comfortable clothing and well-fitting, sturdy shoes. Your shoes should provide a good arch support and a cushioned and elevated heel to absorb shock. In the cold weather, layer your clothing. New England winters can make exercising outdoors difficult; therefore, you may need to find an indoor facility, such as a shopping mall, indoor track, or fitness club. (The Newton Senior Center offers a variety of fitness classes. See calendar.)

Thirty minutes of cardiovascular endurance exercise daily, is suggested. Walking is an excellent activity. Dancing, bicycling and swimming and are also cardiovascular activities. Resistance or strength training two days per week, is suggested. Small changes in muscle size can make a big difference in strength. An increase in muscle can be all it takes to increase your ability to climb stairs or to get up from a chair. Equipment for strength training include hand and ankle weights or resistance bands (looks like a giant rubber band), and can be found in a sporting goods store. You can use things like empty milk jugs, filled with sand or water or socks filled with beans and tied shut at the ends.

Warming up for five minutes is key in any exercise program. Walking slowly and stretching muscles helps prevent injuries or falls. This also increases your heart rate slowly. Stretching or flexibility training should be done daily. It will help you physically as well as mentally.

One can make small changes that challenge your body throughout the day. Parking further away, walking a hole or two while golfing, taking the stairs are small changes to develop your cardiovascular or aerobic fitness. Take a walk with a friend! Gardening and weed pulling is great for the back muscles. . Make exercise a part of your day. So get started, and most of all, have fun!

“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 April 4, at 10:30 a.m.

Incentivized Medicine

There is broad agreement among professionals and consumers alike that our health care system does not work well. Costs are rising at an unsustainable pace. The quality of our care by numerous measures lags far behind that of dozens of other countries. A 2000 report by the World Health Organization ranked the United States number one in per capita expenditures and thirty-seven in overall health system performance out of 191 member countries. The fact that we have some of the most skilled physicians, the best research, and the latest technology makes the W.H.O. statistics all the more disappointing.

Why does the U.S. pay so much for health care? Let’s cite a few reasons.

1. Doctors in practice are paid only for revenue-producing work. They are not rewarded for omitting a costly test of questionable value to the patient; for failing to refer to specialists for corroboration of an opinion; or for neglecting to ask a patient to schedule a follow-up visit when a phone call might suffice. In fact, the pressures built into our “robust” malpractice system generally support taking more such steps and ensuring thereby that no effort was withheld to make the right diagnosis or identify the best treatment.

An article in the New York Times, March 11, 2008, describes the dilemma of a cardiologist who performs nuclear stress testing in his office. He must do at least 10 tests a month in order to pay for the equipment and staff needed. Beyond that number, at \$850 per test, there is a substantial inducement for him to order more. Given a patient for whom the need is borderline, non-medical incentives seem to weigh inappropriately – on the physician’s decision.

2. Americans have a love of new technology. A new test, a new machine, a new procedure – they all quickly become imbued with a respect that may not be deserved. Carefully designed comparative studies are required before we can legitimately identify new technology as representing an improvement in terms of the outcome for the patient. In our rush to utilize the latest methods, we generally increase costs but do not always give better care.

*Join us next month, when we will expand the discussion,
to comment on the behavior of drug companies, and offer a hopeful scenario for the future.*

OVER 55 April 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
CARDS / CRIBBAGE	Thursdays 11:30 -4:00 Play <i>Golf & Scat</i> . Play <i>Cribbage</i> , Mondays, 10-3:00... at the Scandinavian Living Center, 206 Waltham Street.
TAI-ChI	A gentle, easy to learn class on Wednesday mornings. Begins 5/28/08
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.
AEROBICS / PILATES	<i>Workers Workout</i> - Low impact aerobic Tuesdays & Thursdays- 6:15-7:15 PM, Lower Falls Community Center. \$100 for 10 weeks. For working folks! <i>Pilates</i> - Wednesdays, 6:15-7:15pm.
SOFTBALL	<i>Emass Senior Softball League</i> – players 55 to late 70's call John Stewart at 617-969-0950.
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.
BOW PROGRAM & DAY TRIPS	<i>The Bow Program</i> is a 3-day nature-based recreation in the Berkshires. <i>Ongoing day trips</i> , for information- Nancy, 617-796-1506.
UPCOMING SPRING	<i>Tennis Play</i> - Wednesdays & Fridays 8:30am, intermediate/ advanced, Warren Courts. <i>Golf</i> - lessons & league, 8:30am. <i>Tap Dance</i> - Monday mornings, new teacher. Questions? Call Nancy 617-796-1506.



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