

april 2010



“The Sound of Music!”

Whoever we are and wherever we are from, we all speak one language... music. Some like rhythm and others are more classical in their tastes. For some, music brings back memories, sweet and bittersweet. For others it is energizing or relaxing. The two musical groups that meet at the Newton Senior Center reflect all of the above and they have been spreading their joy around the city.

The **Newton Senior Center Swing Band** plays old favorites and newer melodies that appeal across the generations. The swing music of the thirties/forties and classic Beatles tunes are all brought to life, challenging listeners to stay seated and not let the music carry them away. Under the leadership of Jim Barr and Alan Glou the band most recently (March 2) brought musical magic to Hebrew Senior Life in Roslindale. Prior to that date, they did a January show at Lasell Village and on April 21, they will perform for the Wellesley Hills Junior Women’s Club at the Wellesley College Club.

The **Newton Senior Center Chamber Music Ensemble** is a group of fine musicians playing classical string arrangements. They are led by the passionate and energetic, Gwendolyn Thornblade. This group is also on the concert circuit in and around Newton, bringing well-chosen classical pieces to life. On March 3, they performed for the Newton Women’s Club in Newton Highlands. Their program was a mix of William Boyce, George Phillipp Telemann, George Frederic Handel and Bill Boston. The musical compositions spanned the years 1700 to 2009! They are now preparing for their annual inter-generational Spring concert. (Date to be announced.)

Each group can be heard practicing at the center weekly, unless they are out performing. Listeners are welcome to attend open rehearsals. Both groups invite musicians to tune up and play along.

*See our calendar for days and times.
Concert dates not always noted on calendar.*

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Independent Living Options Fair

So many choices...

Are you thinking about making a move? Is a family member or friend thinking about making a move? Are you curious about what is out there in the Independent Living Housing market? If this is just the beginning of your research, or time to make a decision, this event is for you.

On Thursday, April 29, between 1:30pm and 5:00pm the Newton Senior Center will hold a fair, open to the public, show-casing representatives of many of the local “*independent senior housing options*”. There will be general information and specific details about a variety of available housing choices. Additionally there will information about making a move, and about what resources are available to take you through the process.

No registration necessary. Just drop-in!

All welcome!

***Good Wishes for
a Peaceful Passover &
a Happy Easter***

***Check out our new, improved “web-site” at
www.newtonseniors.org***

Table of Contents

Page 3... Getting Around
Page 4... Ahhh, April!!
Page 5... Many Thanks
Page 6... The STABLE Program
Page 7... SHINE
Page 8 & 9... Calendar
Page 10... The Senior Center & Beyond
Page 11... From the Desk of Our Social Worker
Page 12... Aging in Place Project Center
Page 13... Brain Ticklers
Page 14... Healthy Tid-bits
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



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
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Linda Johnson	Administrative Assistant... 617-796-1665
Lucy Bedigian	Lunch Site Manager 617-796-1668
Joyce Cheng.....	Nurse... 617-796-1420
Monique Bleriot	Nurse... 617-796-1420
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM
Lynn Feinman.....	Aging in Place Projects Manager...617-796-1675
Melissa Sorrell-Kimble	Social Work Intern... 617-796-1674

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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.

(Make checks payable to: Newton Senior Center)

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*

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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

“Senior Transportation Services” For *Newton Residents 60 years and older



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

- **Medical Transportation** - to medical appointments within the City of Newton and specific destinations OUTSIDE of the city.
- **Transportation** to certain “Adult Day Health” locations outside of the city. Monday through Friday 8-5.
- **The Shopper's Service**- weekly marketing. Reservations available for Tuesday, Wednesday or Thursday from 10-2. Your choice of market within the city.
Reservations must be made 3 business days in advance and are not available on legal holidays.
- **Transportation to the Newton Senior Center**- Service 5 days a week. 8am-4pm. 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. 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. 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, call by 4:00p.m.the previous day for reservations, pre-registered riders only.*

MBTA Senior Transportation Passes

Those senior citizens and disabled individuals who *already* have Senior Transportation Passes (white laminated cards with their picture on them) should watch the expiration date. New cards can be ordered by calling **617-222-5976** one month prior to expiration. There is no charge.

Those who *do not* have a Senior Transportation Pass and would like one must go to a site where pictures are taken, identity checked and forms are filled out. The Newton Senior Center will hold such an event on **Monday, June 21 from 12-3:30.** No appointment required.

Ahhh, April!!!

***Low-Vision Group**

Low-Vision Group, sponsored by the Vision Foundation, meets on the first Monday of each month at the Newton Senior Center. Meetings begin at 10:00. Come together for support, friendship and information. (April 5).

***Mayor Setti Warren Comes to Lunch**

Our new *Mayor* will join Newton seniors for lunch on Tuesday, April 6, at the Newton Senior Center. Lunch is served at 11:45.

***SPRING Fashion Show!**

Bonworth of Waltham is bringing Spring fashions to the Newton Senior Center on Wednesday, April 7, at 12:00 (lunch program). The show will feature models from among regular participants at the center. Join us to welcome Spring in style.

The Doctor is In

On Monday, April 12, at 10am "*The Doctor Is In*", will feature Dr. Vikas Saini, co-director of the Lown Cardiovascular Research Foundation (Partners Healthcare) where he will address the role of diet and exercise in heart healthy living and speak about current research findings. All welcome!

***The Nobleonians Return**

The Nobleonians of Nobles and Greenough School of Dedham, will return for a Spring visit to sing their special brand of "a capella" for us. Don't miss this event on Tuesday, April 12, at lunch. (11:45am)

Alderman, Stephen Linsky

Alderman, Stephen Linsky will see citizens at the Newton Senior Center on Friday, April 30, between 8:30 and 9:00am. No appointment necessary.

***Earth Day Talk- "Newton Recycles"**

Courtney Forrester of the City of Newton Department of Public Works, Recycling Services, will speak about how Newton is "greening" its city. Courtney will answer your recycling questions and look at the future of recycling on April 22, at lunch.

***PLEASE NOTE: Beginner & Intermediate Spanish Classes return on April 13
SEE CALENDAR!***

Current Events & Speakers

This group meets every Thursday, 10:05 am. Current Events discussions are held on the first 3 weeks of the month and the last week a special presentation is scheduled. April 29, hear the Boston Better Business Bureau, speak about, "*Giving Wisely to Charities*".

Sign-up for Computer Lessons

Join the "computer world" or improve your skills, call Joanne (617-796-1670) to register. Students are matched to teachers (tutorial style) and may take six lessons at \$50 or one lesson at \$10.

NewsTalk

This current events group meets every Monday afternoon at 1:00. Discuss the news of the day and hear what others are thinking. Led by David Svendson, retired educator. Drop-in!

***Senior Center Music**

- *Every Wednesday & alternate Fridays* enjoy *Lunch-time Piano with the magic fingers of ***Vic King***.
- On alternate Fridays enjoy the *Marvelous Melodies of ***Harold Kaswell***.
- *Tuesdays 1:30...*
Newton Senior Center Swing Band
- *Wednesdays, 9-10:30am-*
The Newton Senior Chamber Music Ensemble

***Please pre-register for lunch by 11:00am**

the previous day for any lunch program.

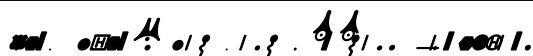
Living with Diabetes

Presented by Jewish Family & Children's Service

Wednesday- May 5, 2010 ...

1:00 – 2:30 p.m.

Whether you have been living with diabetes for a while, have been recently diagnosed, or are just interested in learning more about diabetes- you will not want to miss this panel discussion and Q &A session. *For more information, see page 14.*



**“Bonworth” of Waltham for bringing us a Spring Fashion Show.
The “Nobleonians” for a Spring Accapella concert.**

In memory of Lillian Rubin

Sylvia Goldberg Hilda Smith Doris Lelchook

In memory of Joan Morse, Heidi & Simha Ravven

In appreciation of Tax Preparation Assistance

Maria Mazzola Barbara Ochs Daisylene Cyr Paul Zavod
Marie Walker Angela Derubeis Deborah Clauson
Marjorie DeRosa Simon Nager Margaret Connolly
Joan Goodwin Stephen OBrien Lambros Mihalopoulos
Velta Doherty Mary Napolitano

In appreciation of the Newton Senior Center

Hilda Smith, Carol Amicangioli
Mary & Josephine Nicolazzo

In memory of Pauline Richards

Susanne Spatz

In honor of her aunt, Kay Kenjeska

Elisabeth Burnell



The Newton Senior Center
regrets the passing of dear
friends

...\$\$\$ TAX Time \$\$\$...

Time to make your appointment for tax preparation assistance. **Newton residents, 50 years and older** are eligible for this free service. **AARP, American Association of Retired Persons**, makes this program possible.

- **Please call 617-796-1660.**
- A list of what to bring will be given/sent to those with appointments.
- *Confirmation calls* will be made the previous day.
- Appointments will be re-scheduled if canceled at least a day in advance. No-shows will not be re-scheduled.



Spring Cleaning?

The **SENIOR STORE** at the Newton Senior Center is accepting your knick-knacks, costume jewelry, yarn and other treasures- craft items, knitted and crocheted work and more. The proceeds from the sale of items benefits the programs and services of the center. (No appliances or clothing, please!)

Stand Tall & Be Lively & Energetic” *The Newton Senior Center...where friends get fit!*

- **Aerobics-** Low-impact exercise. Offered twice a week. Suggested donation \$2. Drop-in
- **Beyond Balance, Monday or Friday** - Strengthening exercise. *Pre-register/ pre-pay, 8 weeks/ \$40.* (You may take both Monday & Friday for \$80)
- **Muscle Conditioning-** Muscle toning. Offered twice a week. Suggested donation \$2. Drop-in
- **Line Dancing, Monday or Thursday-** *Pre-register/ pre-pay, \$40/ 8 weeks.* (You may take both Monday and Thursday for \$80)
- **Tai-Chi-** Suggested donation \$3. Offered twice a week. Sponsored, in part, by Newton/Wellesley Hospital. Drop-in.
- **Wii- FABB Center** (Fit and Balanced Brain Center.) By *appointment*, to exercise with Nintendo Wii, a gift from the Golden Living Center of Chestnut Hill. Suggested donation \$2. Drop-in
- **Chair Yoga-** Offered twice a week. Suggested donation \$2. Drop-in.
- **Mat Yoga** -Suggested donation \$2. Drop-in



PLEASE NOTE:

PRE-REGISTER “at least one week”

PRIOR TO START OF NEW SESSION

If pre-registered classes do not fill by “one week” prior to start of new session, they may be canceled and money returned.

To Pre-register you must Pre-pay:

*See Joanne Fisher, Program Coordinator,
or mail check written to Newton Senior Center*

TRY any pre-register/pre-pay class for a one-time fee of \$8 that will be credited toward the 8-week fee if you continue.

See calendar for the days and times programs are offered.

Please note canceled days when instructors may take vacation.

What is Beyond Balance?

The Beyond Balance class meets Mondays and Fridays, for 1 hour each. It focuses on exercises that strengthen the muscles most needed for balance (thus helping to prevent falls). The instructor is experienced in the field of personal training and fitness and the class size allows for individual attention when necessary. Chairs are available for support. *Trial classes are offered for \$8.*

“Serving Health Information Needs of Elders”

SHINE

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

Changes Help Many Save on Medicare Drug Costs

Changes in the law make it easier to qualify for “Extra Help”, the federal program which helps to pay for the costs of the Medicare Part D prescription drug plans for people with limited income and assets. Effective January 2010, more people can get this help because some things no longer count as income and assets. For example, your **life insurance policy is no longer counted** as an asset.

You may now be eligible for this program, even if you applied before and were denied. If you were denied before and now qualify under the new rules, you must apply again to Social Security.

If you are an individual with income below \$16,476 and assets below \$12,510 or a married couple living together with income below \$22,092 and assets below \$25,010, you may be eligible for this Extra Help.

For more information about Extra Help with Medicare drug plan costs, visit www.socialsecurity.gov or call Social Security at 1-800-772-1213.

For help applying for either of these programs, call the Newton Senior Center and ask for a SHINE appointment. (617-796-1670) Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Driver Safety Program!

AARP will offer a Driver Safety Program at the Newton Senior Center. A limited number of drivers may register for this “all-day” training. It is offered *entirely* in the classroom and not in a car. The date is **Wednesday, July 21**. For AARP members the cost is \$12 per person, non-members are \$14 per person. The course will run from 10:00am to 3:00pm with a break for lunch. (You may pre-register for lunch by 11:00am the previous day or “brown bag” it) Registration begins *June 1*. Please bring your **AARP** card when registering. Checks or cash only! Questions? Call Joanne at 617-796-1670.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April</p>	<p>2010</p>	<div style="border: 3px double black; padding: 10px;"> <p><i>Volunteer Computer Teachers Needed</i></p> <p><i>Call Joanne at 617-796-1670</i></p> </div>	<p style="text-align: right;">1</p> <p>8:55-9:55 Line Dance (pre-register) 10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11 – 1 Reminiscence Group 11:45-12:45 Tai-Chi 11:45- Lunch – lemon Dijon Chicken Sliced Turkey/ Cheese <i>Dialogue w/ Director</i> 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">2</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Mediterranean Fish / Greek Sauce Tuna Salad Harold Kaswell- piano 12- Chess Nuts 12-2 Legal Appointments 1-3:30 Drop-in Computer Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1- FABB Center -pre-reg. Wii</p> <p style="text-align: center;">GOOD FRIDAY</p>
<p style="text-align: right;">5</p> <p>8:45-9:45 Tai C hi 9-Pool Cues 10 Low Vision Group 10 Line Dance (pre-register) 11:45- Lunch - Baked Chicken Egg Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">6</p> <p>9-10- Aerobics 9-4 SHINE Appts. 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 11:45- Lunch Baked Macaroni Chicken Caesar Salad Mayor Setti Warren Comes to Lunch 1 Bingo 1:30 Swing Band</p>	<p style="text-align: right;">7</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Meatloaf Honey Turkey & Provolone FASHION SHOW 1 Movie -"The Time Traveler's Wife" 1 Duplicate Bridge</p>	<p style="text-align: center;">APRIL FOOL'S DAY!</p> <p style="text-align: right;">8</p> <p>8:55-9:55 Line Dance (pre-register) 10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11 – 1 Reminiscence Group 11:45-12:45 Tai-Chi 11:45- Lunch – Salmon Boat Roast Beef & Cheese 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">9</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Apple Glazed Roast Pork Seafood Salad Vic King- piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center-pre-reg. Wii</p>
<p style="text-align: right;">12</p> <p>8:45-9:45 Tai C hi 9-Pool Cues 10:00 The Doctor Is In 10 Line Dance (pre-register) 11:45- Lunch - Beef Stew Chicken Pattie 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">13</p> <p>9-10- Aerobics 9-4 SHINE Appts. 9-10 Beginner Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Chicken Pasta Primavera SPECIAL Nobleonians SING! 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;">14</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Pier #17 Fish Egg Salad Vic King- piano 1 Movie- "The Golden Boys" 1- Duplicate Bridge</p>	<p style="text-align: right;">15</p> <p>8:55-9:55 Line Dance (pre-register) 10- Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-1 Reminiscence Group 11:45- Lunch – BBQ Pulled Pork Sandwich Turkey Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">16</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Stuffed Pepper Tuna Salad Plate Harold Kaswell -Piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg Wii</p>
<p style="text-align: center; vertical-align: middle;"> <p>19</p> <p>Closed for Patriot's Day Holiday</p> </p>	<p style="text-align: right;">20</p> <p>9-10- Aerobics 9-4 SHINE Appts. 9-10 Beginner Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Pot Roast Turkey & Cheese 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;">21</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Hot Dog Roast Beef & Cheese Vic King- piano 1 Movie-"Up in the Air" 1- Duplicate Bridge</p>	<p style="text-align: right;">22</p> <p>8:55-9:55 Line Dance II (pre-register) 10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-1 Reminiscence Group 11:45- Lunch – Baked Ziti & Meatballs Chicken Salad Earth Day Recycling Talk 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">23</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Baked Haddock Egg Salad Vic King- piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg Wii</p>
<p style="text-align: right;">26</p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Ham & Pasta Bake Turkey & Swiss 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">27</p> <p>9-10- Aerobics 9-4 SHINE Appts. 9-10 Beginner Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Chicken Cacciatore Egg Salad 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;">28</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Veggie Quiche Turkey Salad Vic King- piano 1 Movie-"Precious" 1- Duplicate Bridge 1- SHINE</p>	<p style="text-align: right;">29</p> <p>8:55-9:55 Line Dance II (pre-register) 10 Knitting 10:05- Current Events/Speaker "Careful Charitable Giving" 10:30- Mandarin Chinese Group 11-1 Reminiscence Group 11:45- Lunch – Grilled Hamburger Breaded Chicken Pattie 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1:30-5 Independent Living Housing Options 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">30</p> <p>8:30-9 Alderman Stephen Linsky 9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Roast Turkey Roast Beef & Swiss Vic King- piano 12- Chess Nuts 1-3:30 Drop-in Computer Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg Wii</p>

The Senior Center & Beyond

Legal Appointments at the Senior Center

Meet with Law Students from

Boston College Legal Assistance Bureau

(under the supervision of Law Professor)

Appointments for legal consultation are on the first Friday of each month at the senior center. Call for an appointment , 617-796-1660. Can't wait? Call the Waltham office at 781-893-4793.

SENIOR CENTER MEALS

Lunch every Monday-Friday at 11:45.

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

Springwell makes these lunches possible.

2010 Census to Begin

“Be Cautious About Giving Info to Census Workers”

With the U.S. Census process beginning, you are advised to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. Census workers have begun verifying the addresses of households. More than 140,000 Census workers will count every person in the United States and will gather their information.

All United States Census workers will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. **Ask** to see their identification and their badge before answering their questions. **Do not** invite them inside. Census workers are currently only knocking on doors to verify address information. **Do not** give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. **Only** tell them how many people live at your address. Census workers may contact you by telephone, mail, or in person at home. **They will not contact you by Email, so be on the lookout for Email scams.**

SARG- Small Appliance Repair Group

Bring items to the Scandinavian Living Center, 1-3 p.m. Wed, (cost of parts only). Questions? Call Sandy at SOAR 55, at 617-244-1404x231or *Visit our website at www.soar-ma.org*

Newton Upper Falls Seniors

Emerson Community Center, Pettee Street

Refreshments served, visitors welcome!

Meetings at 10:00a.m

April 7...

Stanley Macht & Beth Purcell- Sing-a-long

April 14... BINGO

April 21...

Stanley Macht & Harvey Shane, “Good Vibes”

“Give the Gift of a Newton Throw”

Newton Throws are available in 4 colors.

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

Purchase at the Newton Senior Center.

Curious about the Newton Senior Center???

To set an appointment for a tour

call Joanne at 617-796-1670

Submit to the 2010 Literary Magazine

The Newton Senior Center Literary Magazine, 2010,

“Bits & Pieces” is accepting submissions through

June 30, 2010. A November 2010 publication is

planned. Send *attention Joanne* with your name,

address, phone/ e-mail on each page submitted.

2009 issue available for \$2.

Are you at least 60 and have a *problem* with your in-

home care-giving services? Do you know someone

who does? **If so, please call us!** (1-800-AGE-INFO)

Press #5 - *The Executive Office of Elder Affairs*

Newton Department of Health & Human Services

Offers a Rabies Clinic (and license renewal):

Saturday, April 7... 9am-noon

at Newton Centre Fire Department #3, 25 Willow St.

Animals must be caged or leashed- \$10 fee



Join... Jayne Colino,

Director, Department of Senior Services for a

“Dialogue with the Director”

Thursday, April 1- at 12:00

Newton /Brookline Consumer Office

... in Newton City Hall is available to answer your

consumer questions /mediate your issues around

purchases of personal goods and services

Call 617-796-1292

“FROM THE DESK OF OUR SOCIAL WORKER”

Kathy Laufer, LICSW



WHAT'S NEW?

Extra Help with Medicare Drug Plan coverage

Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

Apply on-line at www.socialsecurity.gov or call Social Security at 1-800-772-1213. Or you can make an appointment with our local SHINE counselor or social services at the Newton Senior Center.

Health Benefits Under Medicare Medicare traditionally paid for benefits after you got sick. Now, Medicare pays for benefits that will help seniors prevent the onset of disease before it becomes serious. As of Jan. 1, 2005, people with Medicare will have three important benefits: a one-time “Welcome to Medicare” physical exam, cardiovascular screening, and diabetes screening. In addition to other benefits added in recent years, Medicare’s comprehensive set of *preventive benefits* includes *screening services* for the following: weak bones and glaucoma; and cancers of the colon, breast, cervix, and prostate. Make sure you discuss taking advantage of these benefits with your doctor.

Social Security Disability for Persons with Early-onset Alzheimer’s

The Social Security Administration (SSA) has added [early-onset/younger onset Alzheimer’s](#) to the list of conditions under its Compassionate Allowance Initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). While applicants still have to meet other SSDI criteria and/or SSI criteria, when it comes to the disability criterion, they are considered eligible by virtue of the disease and fast-tracked for a favorable decision about their eligibility for SSDI and SSI benefits. For more information the Alzheimer’s Association can be reached at <http://www.alz.org/MANH> or 617-868-6718.

Springwell’s Family Caregiver Support Program serves:

- Caregivers of persons age 60+
- Caregivers of persons of any age who have Alzheimer’s / dementia
- Grandparents and other relatives age 55+ caring for children under age 18
- Grandparents and other relatives age 55+ caring for adult disabled family members who are between the ages of 19-59.

For more information or to speak with a Caregiver Care Advisor, contact Springwell’s Information & Referral Department at 617-926-4100 or info@springwell.com

Medical Equipment Closet –The medical equipment closet currently has walkers, wheel chairs, commodes, canes, adult incontinence briefs in many sizes and other items. If you or someone you know needs an item, **call Lindsay (617-796-1672) to schedule a pick up time.** (We have a limited number of coupons for a discount on the purchase of Depends Undergarments.)

BACK DOWN MEMORY LANE

Melissa Sorrell-Kimble, Social Work Intern, at the Newton Senior Center, will lead a Reminiscence Group. It will be a brown bag lunch discussion group that will be held for six consecutive weeks. The group will meet on Thursdays from 11a.m.- 1p.m., in the Library-Lounge at the Newton Senior Center.

Aging in Place Project Center

THE NEWTON SENIOR TAX WORK-OFF PROGRAM

The Newton Senior Tax Work-Off Program provides *qualified* seniors, a rebate of up to \$750 against their real estate taxes, in exchange for 94 hours work in municipal departments. For details- Lynn Feinman at 617-796-1675

Senior Citizen Parking Stickers *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... Stickers good in all city lots, but never on the street! Stickers valid June 2009-June 2011.

Senior Home Safety Day

As more seniors opt to remain in their homes as long as possible, home safety is a concern for many. Along with the Newton Rotary Club, the Newton Fire Department, the Newton Police Department and the Boy Scouts of America, the Newton Department of Senior Services is planning a Home Safety Day on Saturday, May 15. Representatives from these groups will visit homes of seniors in Newton, complete safety checklists, and recommend adjustments or items to increase home safety. Representatives will have batteries available for smoke detectors along with double-sided tape for scatter rugs and large house numbers if the resident would like these services performed at the visit. To sign up, please contact Lynn Feinman at the Newton Department of Senior Services at 617-796-1675. Visits will be scheduled on a first-come first-served basis.

Wisdom Works

Wisdom Works is a new program designed to assist Newton residents, 50 years of age or over, who want to re-enter the workforce, to build skills with emphasis on the current changes in job hunting and hiring. The four week course includes sections on resume writing, networking, interviewing and use of the internet for finding and applying for openings. Led by human resource professionals, the program will take place at the Newton Senior Center over four Tuesday evenings, April 6, 13, 20 and 27. To sign up, or for more information, call Lynn Feinman at (617) 796-1675.

Contractor Referral list NOW Available

For a list of pre-screened contractors, please call Lynn Feinman, Aging in Place Projects Manager, at the Newton Senior Center. Find plumbers, electricians, handymen and snow removal services.

Reach Lynn at 617-796-1675, 12:30 to 4:00pm, weekdays.

This service made possible by Springwell

"Brain Ticklers"

Express Yourself!

- *NewsTalk*- Mondays, 1:00- Current events discussion.
- *Fine Arts Studio Workshop*- Wednesdays, 9:30- 11:30am. Work on your own projects.
- *Knitting Circle* -Thursdays, 10-11:30. Learn, or just knit.
- *Ceramics*- Thursdays, 12:30-3:45. All supplies on site. \$40 for 8 weeks
- *Current Events & Speakers*- Thursdays, 10:05-11:30
- *Chinese Painting*- Fridays, 1:00. Find your creative self in this ancient art. \$35 for 8 weeks



Playing Games!

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

Languages at the Senior Center! (\$1 donation)

Mondays... **Beginner French conversation** 10:00am

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

Intermediate Spanish, 10:30-11:30

Spanish Class RETURNS ON APRIL 13

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

Thursdays...**French Salon (conversation)** 1:30- 2:30pm

Drop-in Computer Help

Drop-in computer help at the Newton Senior Center, Fridays, 1-3:30. Teachers answer short questions, only. Those wishing computer instruction should see Joanne to register for lessons.

PLAY Nintendo Wii and Train Your BRAIN!

Make an appointment for a private "brain & body" exercise session at the Newton Senior Center. *We call it our **FABB Center, Fit & Balanced Brain Center.*** The Nintendo Wii is an interactive set of games and exercises done standing or sitting. Stimulate your brain while exercising your body. Join the Wii movement and impress your kids and grandkids!

Appointments available Fridays 1:00-3, Newton Senior Center. Students from UMass Boston will be on hand to assist you.

Invite your inner child out to play!

Healthy Tid-bits

Health Maintenance Clinic

Newton Senior Center ... Wednesdays & Fridays from 9-12:00
Clinic may be canceled without prior notice. *For information 617-796-1420.*

Is it Seasonal Allergy?

Joyce Cheng RN

Starting in April, many people will experience seasonal allergies. Sneezing, coughing, running nose and nasal congestion are common symptoms. However, the cold season is not over yet. When these symptoms occur, you might wonder; is it a cold, or is it an allergy?

Although colds and seasonal allergies may share many common symptoms, they are very different. Common colds are caused by viruses, while seasonal allergies are immune system responses triggered by an allergen. Therefore, the treatments for them are very different. It is important to determine whether it is a cold or an allergy, in order to have correct and effective treatments. The following provides guidelines on how to tell them apart.

Cold symptoms often appear one at a time; first sneezing, followed by a runny nose, then congestion, and usually lasts from seven to ten days. Allergy symptoms occur all at once and continue as long as a person is exposed to the allergy-causing agent (allergen). The colds often cause yellowish nasal discharge, but allergies generally cause a clear, thin, and watery discharge. Sneezing is more common with allergies than with colds, especially when sneezing occurs two or three times in a row. Colds may be accompanied by a fever, but allergies are not. Colds are more common during winter, while allergy is more common in spring through fall when grasses and plants are pollinating. Tree pollen allergies strike from late winter to early spring, grass allergies can strike from spring through summer, and ragweed typically strikes in the fall.

Allergy prevention strategies include using a saltwater nose rinse during the allergy season. Close the windows and turn on the air conditioning during the high pollen days, and shower and change clothes after being outdoors during the high pollen season. Over-the-counter antihistamine (loratadine or cetirizine) may reduce symptoms. Decongestants or nasal sprays may also help to relieve nasal congestion. If the symptoms are not controllable, you may need to consult a specialist to see if allergy shots or a prescription medication is needed.

Living with Diabetes

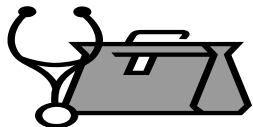
Presented by Jewish Family & Children's Service

Wednesday- May 5, 2010... 1:00 – 2:30 p.m.

- *Hypoglycemia and Hyperglycemia*
- *Oral vs. Injectable Medications*
- *Newest Recommendations for Choosing Healthy Carbohydrates*
- *Examples of Healthy, Low Cost, Easy to Prepare Recipes*
- *Diabetes, Self-Image and Relationships with Others*

JF&CS Staff:

Alison Books, MS, RD, LDN Irene Carmen, RN, MPH
Liliana Ibarra, MSW



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.)*

Hail to the Chief!

Have you ever been annoyed when one after another member of a medical staff asks you the same questions?

When you go to the emergency room (ER), typically, you are greeted by the triage nurse, who asks the reason for your ER visit. Then, if you do not appear critically ill, you sit in the waiting room until you are taken to a stretcher inside the patient care area, where you meet another nurse, who asks you – yup – the reason for your ER visit, followed by a few additional questions.

Your next visitors, perhaps after some blood letting or X-ray taking, are, first a younger, then a more mature physician. Can you guess what each one is going to ask you? You grit your teeth and explain twice more the primary reason why you came to the emergency room at this particular time.

"Why," you ask no one in particular, "do these people keep repeating the same question? I have already answered this one and others several times. If the staff would just communicate with one another, they could save a lot of time and get on with taking care of me."

That first question, that you are asked again and again, is trying to elicit what medical people call "THE CHIEF COMPLAINT," abbreviated CC. The CC may be the most important piece of information you have to offer – more important than your blood pressure, a blood test, or an X-ray. As we've noted before, you are the best source of information about you. By rethinking and restating your answer to "Why are you here?", you may be formulating or refining your answer to that fundamental question.

The staff members are aware of the repetition, and a brief story may help you to understand what goes on in their minds.

As a doctor in training, I was asked to evaluate a man who had been admitted to the hospital for "anemia," a low red blood cell count. In order to save time, I could have copied what I saw on the admitting record, and reported "anemia" as the Chief Complaint. But because I had been taught, as young doctors are, that I should obtain my own version of the patient's story, I asked him the basic question: "Why have you come to the hospital?" Prepared to yawn and write down "anemia", I was somewhat startled when he replied, "I have this terrible back pain." Apparently, he had not read the chart. He turned out to have a tumor in his spine, a problem we were able to identify much sooner after he answered the basic question.

Some studies suggest that as many as 80% of diagnoses are made based on nothing more than interviewing the patient. And the more people who interview you, the more chances you have to tell your story to someone who can figure out the underlying problem. So please don't be annoyed when you are questioned and re-questioned. Be a patient, patient and help the doctors and nurses to help you. That, after all, is what you both want.

In short, when you're asked – again – "What's your beef?" – don't respond, "Are you DEAF?" Your search for relief may begin with the Chief.

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

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Over 55 April 2010

WWW.CL.NEWTON.MA.US/PARKS CLICK ON "OVER 55" or

call Nancy at 617-796-1506 Newton Department of Parks & Recreation

- **April Day Trips-** April 14, Old Mill Restaurant for lunch, stop at Smith's Country Cheese Shop & Colonial Candies. \$44. April 28, baseball at McCoy Stadium, Rhode Island. \$34
- **Knit, Crochet, Sew, Quilt-** Machines and help, available. Wednesdays, 1:00pm at Fieldhouse, Albemarle Rd. Information: Call Ann, 617-244-8638.
- **Cards & Cribbage-** Cribbage (Mondays) 9:30-a.m.-3p.m.- Cards, (Thursdays) 11a.m.-4p.m., Scandinavian Living Center, 206 Waltham St. Newton.
- **Tai-Chi-** Wednesday mornings at the Hut, Newton Centre. Call for schedule.
- **Ballroom Dance-** Emerson Community Center, Thursdays, 1-3:30p.m.- \$2 donation.
- **Pilates-** Wednesdays, 6:15-7:15p.m. Lower Falls Community Center, 545 Grove St. Call to register.
- **Aerobics-** Tuesdays & Thursdays, 6:15-7:15p.m. Lower Falls Community Center, 545 Grove St. Call to register.
- **Tap Dance-** Some experience required. Mondays at the Hut, Newton Centre, 9:30-11a.m.
- **Bowling-** Mondays, 9:30a.m. Fairway Lanes, Natick.
- **Walkers-** Monday-Friday, Albemarle Fieldhouse. 7a.m.
- **Basketball-** fairly serious game. John Stewart, 617-969-0950 or stewnewton@comcast.net
- **Pickleball-** Call to try something new! (Like badminton or tennis)