

MAY 2008



Dear Newton Senior,

I am writing to you at what feels like a very important time for Senior Services in Newton. I have just returned from Washington DC where I had the privilege of attending the National Council on Aging and the American Society on Aging's annual Joint Conference. While there, I received our Re-Accreditation plaque that is proudly displayed at the Newton Senior Center and reflects our status as an accredited senior center. The National Institute of Senior Centers awarded us this honor after a yearlong journey that included a self-assessment process, involving 60 volunteers and city officials, and an on-site review administered by the Chairperson of the National Accreditation Board. I am proud to say that we surpassed all of the national standards and can assure you that Newton boasts a quality set of services and programs.

My goals in attending the Conference on Aging included assessing the value and quality of the programs we offer and the validity of direction we have set for the future of senior services here in Newton. I am proud to say that I have returned with the knowledge that Newton is in the forefront of quality senior services. I can assure you that the resources we provide address not only the specific needs of Newton residents but also speak to the *national* issues highlighted at the conference. Next month this column will elaborate on the way Newton is meeting these challenges !

*Jayne Colino, Director,
Department of Senior Services*

"Dialogue with the Director"

Join Jayne on

Friday, May 30, 12:00 noon

Breakfast with Italian Exchange Students

The Newton Senior Center will host a group of Italian exchange students on Thursday, May 1, at 9:00am. They will bring a bit of breakfast to share as we will show them our beautiful center. All welcome! *Ciao!!!*



MEDICAID RULE CHANGES

On Wednesday, May 21 at 10:00, Attorney, Tim Loff, of the National Association of Elder Law Attorneys, will speak about changes to the Medicaid rules that may affect you.

MAY is Older Americans Month!

Register for our first BBQ of the season, to be held on Wednesday, May 21 at 11:45, in the garden at the Newton Senior Center. \$3.00 per person will be collected at the door. Hot dogs, hamburgers, veggie burgers, cole slaw, drinks, dessert... and live music!

Sponsored by Goddard House, Brookline.

CELEBRATE!

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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
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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.*

Merry May

The Newton Senior Center will be closed on Monday, May 26, for the Memorial Day Holiday.

The Faces of History

History buffs and others... Wednesday, May 28, at 10:30am, join Charlotte Dooling for a discussion about "Samuel Sewall- Judge at the Salem Witch Trials".

Elder Law

Legal consultation, by appointment, is available at the Newton Senior Center on the first Friday of each month. (May 2) This service will suspend from June to October. 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.

Current Events & Speaker

This group meets on Thursday mornings at 10:00. On May 1, **PFLAG** (Parents, Families and Friends of Lesbians and Gays) will present an informational program. On May 8, the **Federal Communications Commission** will speak about the changeover from *Analog to Digital*. May 15 will be "current events" discussions. On May 22, Paul Tremblay of **Boston College Law School**, will speak about, "*Protecting Your Independence When Ill*". On May 29, Ellen Pothier of **MassPro** will speak about the, "*Medicare Complaint Process*".

Alderman Holds Office Hours at Senior Center

Alderman Stephen Linsky will hold "open" office hours at the Newton Senior Center on Thursday, May 8, 2008, from 12:30 -2:00. Just drop-in!

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!

Newton All City Chorus

The Newton All City Chorus will stop by the center to sing a few songs on Friday, May 2 at 11:00am. All welcome to "feel" the music!

Spring Talent Show- 2008

The Senior Center will hold its Spring 2008 Talent Show on Wednesday, May 28, at 1:00. Those wishing to perform must contact Joanne (617-796-1670) by May 23. All welcome to attend!

Edward Hopper Discussion Group

The fascination with the art of Edward Hopper lives on! Attend a discussion group and slide show the first Wednesday of each month at 10:30am. (May 7).

The Operas of Mozart

Opera lovers are invited to attend a presentation featuring the operas of Mozart on the second Wednesday of each month at 10:30am. (May 14)

VOLUNTEER MEETING

Monday, May 19, at 1:00.

A Taste of Symphony

Harvey Seigel (violinist) formerly of the Boston Symphony Orchestra, currently playing with the Newton Senior Center Chamber Music Ensemble, will perform with Fredrik Wanger (pianist), formerly of the Boston University faculty, at lunch on May 20 at 12:10. Treat yourself to a "taste of symphony"!

May Memo

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

Wednesdays, 9:00...

Newton Senior Center Chamber Music Ensemble.

Tuesday, May 20, 12:00... A Taste of Symphony!

Beware of Foreclosure Scams

Behind on your mortgage payments? Stay away from offers like, "We Buy Houses" or "Fast Cash for Your Home"! These so called foreclosure "rescuers" are actually *scammers*. They claim they can stop your foreclosure immediately if you sign a document appointing them to act on your behalf. You may well be signing over the title to your property and becoming a renter in your own home.

What should you do if you're afraid of foreclosure?

(HUD)- The U.S. Department of Housing and Urban Development and (National Councils on Aging) NCOA suggest:

- * Don't ignore letters from your lender. The further behind you become, the harder it will be to fix.
- * Contact your lender right away. They may have options to help borrowers through difficult financial times.
- * Review your finances. Depending on your assets, you may qualify for other types of assistance to help you.

Visit *NCOA's BenefitsCheckUp* which can screen you for benefits programs. (www.benefitscheckup.org)

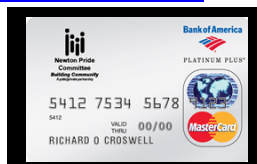
No computer? Call Kathy Laufer, LICSW – 617-796-1663

Contact a HUD-approved housing counseling agency

Call (800) 569-4287 or TTY (800) 877-8339.

The Newton Pride Credit Card

This is the credit card that "gives back"! Funds raised by this MasterCard are shared by the PTO Council, Newton Child Care Commission, The Senior Citizens Fund of Newton, Inc. and the Newton Pride Committee. To apply for a card go to www.newtonpride.org/creditcard.html or calling 1-800-932-2775 and tell them you want the "Newton Pride Card".



Many Thanks for your generous donations...

In appreciation of assistance with tax preparation:

- Esther Rotman
- Richard & Mary Scanlan
- Lambros Mihaloplos
- Arthur Petropoulos



In memory of Christopher Roberts:

- Mary McArdle
- Helen Tarnower

In honor of Isabelle Gordon's 90th Birthday-

- Anonymous

For sponsoring our May BBQ!

- Goddard House of Brookline

In honor of Ethel Goldman's 99th Birthday!

Social Security Debit Cards Coming This Spring

This spring, Social Security payments can be made using a prepaid debit card. The goal is to provide a safer, easier alternative to paper checks for people who don't have bank accounts.

The Direct Express card will be introduced in spring 2008 and be available across the country by the end of the summer. Payments will be automatically deposited into a person's Direct Express card account monthly, on the payment day. Cardholders will have 24/7 access to their money at ATMs, and will be able to make purchases at any retailer that accepts Mastercard. They also will be able to access their account information by telephone and the Internet, make purchases over the Internet, and receive cash back with no fee at retail locations. *For more information, visit www.fms.treas.gov and search "Direct Express."* or call 1-800-772-1213.

Walk of Remembrance

The Nonantum Post #440 is creating a brick walkway in memory of Veterans & Friends of the Post.

- 4 x 8 brick with 2 lines of text (15 characters) \$125.00... line 3 available for additional \$5
- bricks randomly placed- \$15.00 extra for preferred placement.
- Engraved granite bench- \$1,500.00 plus text

For more information: Bob Perruzzi, 617-244-0440

Health Matters

The Low-Vision Group meets the first Monday of the month, 10:00am. (May 5)

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, May 12, at 10:30

See page 14



FIT Fitness into Your Life!

- **Mondays... Chair Yoga** 2:00pm
- **Mondays... BEYOND BALANCE** 1:00-2:00
8-weeks of strengthening exercises to improve balance.
(*\$40 for 8 weeks*)
pre-register by May 26, for June ,2 session
- **Mondays... Line Dancing** 10:00am
(*\$40/ 8 weeks*)
pre-register by May26, for June 2, session
- **Tuesdays & Fridays... Aerobics** 9:00am
Muscle Conditioning 10:30am
- **Wednesdays... Matter of Balance** 1:30-3:30
8-week, "*Fall Prevention Program*"
(Sponsored by
Newton/Wellesley Hospital / Partners Healthcare)
pre-register by August 30, for September10, session
- **Thursdays... Chair Yoga** 1:00pm
Floor Yoga 2:00pm
(*Aerobics, Muscle conditioning and Yoga are drop-in programs. Suggested donations are \$2 per class.*)

Winning the Mosquito War!

The beautiful weather and warm temperatures bring out mosquitoes and other pests. This home remedy may be the perfect antidote. Fill a spray bottle with Listerine mouthwash and spray the general area. The mosquitoes die instantly and others stay away. Spray around door frames, picnic areas, decks etc. Don't leave home without it and have a bug-free season!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>9 Breakfast w/ Italian Exchange Students</p> <p>10- Current Events/Speakers "PFLAG Talk"</p> <p>10:30- Knitting</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Chicken Macaroni Stew Ham & Cheese</p> <p>12:30- Ceramics (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursdays Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>2</p> <p>9-12- Health Clinic</p> <p>9-10- Aerobics</p> <p>10:00- Writing</p> <p>10:30 Men's Health Club</p> <p>10:30- Muscle Conditioning</p> <p>11 Newton All City Chorus</p> <p>11:45- Lunch- Stuffed Salmon Egg Salad</p> <p>Harold Kaswell - Piano</p> <p>12 Legal Appts.</p> <p>12- Chess Nuts</p> <p>1-2:30 Drop-in Cptr. Help</p> <p>1 Chinese Ptg. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p>	<p>1</p> <p>10:00-4:00- Pool Cues</p> <p>12:30- movie- "Into the Wild"</p> <p><i>R-rated: True story of man, nature & self-discovery.</i></p>
<p>4</p>	<p>5</p> <p>9-12- Pool Cues</p> <p>10 Low Vision Group</p> <p>10 Line Dance (pre-register)</p> <p>11:45- Lunch - Chicken Fajita Roast Beef & Swiss</p> <p>1 Beyond Balance</p> <p>1- NewsTalk</p> <p>1 In Stitches</p> <p>1 Scrabble</p> <p>1- Monday Games</p> <p>2- Yoga (chairs)</p>	<p>6</p> <p>9-10- Aerobics</p> <p>10:30 Muscle Condition</p> <p>9-10- Beginning Spanish</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Roast Turkey Tuna Salad</p> <p>1-Bingo</p> <p>1- Creative Communication (pre-reg)</p> <p>1:30 Swing Band</p> <p>2:30- American Short Story as Literature</p>	<p>7</p> <p>9-12 Health Clinic</p> <p>9-10:30 Chamber Music</p> <p>9-12- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9:30- Mah-Jong Manners</p> <p>10:30 Hopper Program</p> <p>11:45- Lunch- Florentine Fish Chef Salad</p> <p>Vic King- piano</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p>	<p>8</p> <p>10- Current Events/ Speakers "FCC Talk"</p> <p>10:30- Knitting</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Cheese Lasagna</p> <p>Breaded Chicken Pattie</p> <p>12:30- Ceramics (pre-register)</p> <p>12:30-2 Ald. Steve Linsky sees citizens</p> <p>1- Yoga (chairs)</p> <p>1-Thursdays Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>9</p> <p>9-12- Health Clinic</p> <p>9-10 Aerobics</p> <p>10:00- Writing</p> <p>10:30- Muscle Conditioning</p> <p>11:45- Lunch- Cheese Omelette Special</p> <p>Vic King - Piano</p> <p>12- Chess Nuts</p> <p>1-2:30 Drop-in Cptr Help</p> <p>1 Chinese Ptg. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p>	<p>10</p> <p>10:00-4:00- Pool Cues</p> <p>12:30- movie- "No Country for Old Men"</p> <p><i>R-rated: Raw, violent, beautifully executed study of evil..</i></p>
<p>11</p> <p>Mother's Day</p>	<p>12</p> <p>9-12- Pool Cues</p> <p>10 Line Dance (pre-register)</p> <p>10:30 HealthStop</p> <p>11:45- Lunch - Breaded Fish Turkey & Cheese</p> <p>1 Beyond Balance</p> <p>1- NewsTalk</p> <p>1 In Stitches</p> <p>1 Scrabble</p> <p>1- Monday Games</p> <p>2- Yoga (chairs)</p>	<p>13</p> <p>9-10- Aerobics</p> <p>10:30 Muscle Conditioning</p> <p>9-10- Beginning Spanish</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Chicken Parmesan Seafood Salad</p> <p>1-Bingo</p> <p>1:30 Swing Band -</p>	<p>14</p> <p>9-12 Health Clinic</p> <p>9-10:30 Chamber Music</p> <p>9-12- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9:30- Mah-Jong Manners</p> <p>10:30 Operas of Mozart</p> <p>11:45- Lunch- Meatloaf Egg Salad</p> <p>Vic King- piano</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p> <p>1 Book Club</p>	<p>15</p> <p>10- Current Events/Spkrs</p> <p>10:30- Knitting</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Baked Ham Roast Beef & Cheese</p> <p>12:30- Ceramics (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursdays Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>16</p> <p>9-12- Health Clinic</p> <p>9-10 Aerobics</p> <p>10:00- Writing</p> <p>10:30- Muscle Conditioning</p> <p>11:45- Lunch- American Chop Suey Chicken Salad</p> <p>Harold Kaswell - Piano</p> <p>12- Chess Nuts</p> <p>1-2:30 Drop-in Cmptr. Help</p> <p>1 Chinese Ptg. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p>	<p>17</p> <p>10:00-4:00- Pool Cues</p> <p>12:30- movie- "Becoming Jane"</p> <p><i>PG-rated: Romantic, historical drama, based on the life of Jane Austen.</i></p>
<p>18</p>	<p>19</p> <p>9-12- Pool Cues</p> <p>10 Line Dance (pre-register)</p> <p>11:45- Lunch - Beef Stew Ham & Cheese</p> <p>1- NewsTalk</p> <p>1 Volunteer Meeting</p> <p>1 Scrabble</p> <p>1 In Stitches</p> <p>1- Monday Games</p> <p>1-2 Beyond Balance (pre-register)</p> <p>2- Yoga (chairs)</p>	<p>20</p> <p>9-10- Aerobics</p> <p>10:30 Muscle Conditioning</p> <p>9-10- Beginning Spanish</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Stuffed Shells Chef Salad</p> <p><i>A Taste of Symphony</i></p> <p>1-Bingo</p> <p>1:30 Swing Band</p> <p>2:30- American Short Story as Literature</p>	<p>21</p> <p>9-12 Health Clinic</p> <p>9-10:30 Chamber Music</p> <p>9-12- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9:30- Mah-Jong Manners</p> <p>10 Medicaid Rule Changes</p> <p>11:45- Lunch- BBQ</p> <p>Celebrate Older Americans Month</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p>	<p>22</p> <p>10- Current Events/Speakers "Protecting Your Independence When Ill"</p> <p>10:30- Knitting</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Hot Dog Chicken Salad</p> <p>12:30- Ceramics (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursdays Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>23</p> <p>9-12- Health Clinic</p> <p>9-10 Aerobics</p> <p>10:00- Writing</p> <p>10:30- Muscle Conditioning</p> <p>11:45- Lunch- Crumb Topped Baked Fish Turkey salad</p> <p>Vic King Piano</p> <p>12- Chess Nuts</p> <p>1-2:30 Drop-in Cmptr. Help</p> <p>1 Chinese Ptg. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p>	<p>22</p> <p>10:00-4:00- Pool Cues</p> <p>12:30- movie- "3:10 to Yuma"</p> <p><i>R-rated: Remake of 1957 film, traditional western with Russell Crowe & Peter Fonda</i></p>
<p>25</p>	<p>26</p> <p>Center closed for Memorial Day Holiday</p>	<p>27</p> <p>9-10- Aerobics</p> <p>10:30 Muscle Conditioning</p> <p>9-10- Beginning Spanish</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Chicken Kielbasa Tuna Salad</p> <p>1 Bingo</p> <p>1 In Stitches</p> <p>1:30 Swing Band</p>	<p>28</p> <p>9-12 Health Clinic</p> <p>9-10:30 Chamber Music</p> <p>9-12- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9:30- Mah-Jong Manners</p> <p>10:30 Faces of History</p> <p>11:45- Lunch- Broccoli/ Cheese/ Fish Peppercorn Turkey</p> <p>Vic King- piano</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p> <p>1- Talent Show</p>	<p>29</p> <p>10- Current Events/Speakers "Medicare Complaint Process"</p> <p>10:30- Knitting</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Sweet & Sour Chicken Roast Beef & Cheese</p> <p>12:30- Ceramics (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursdays Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>30</p> <p>9-12- Health Clinic</p> <p>9-10 Aerobics</p> <p>10:00- Writing</p> <p>10:30- Muscle Conditioning</p> <p>11:45- Lunch- Swedish Meatballs Breaded Chicken Pattie</p> <p><i>Dialogue w/ Director</i></p> <p>12- Chess Nuts</p> <p>1-2:30 Drop-in Cmptr. Help</p> <p>1 Chinese Ptg. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p>	<p>22</p> <p>10:00-4:00- Pool Cues</p> <p>12:30- movie- "Michael Clayton"</p> <p><i>R-rated: High-powered attorney has crisis of conscience.</i></p>

Information Station

NEWTON UPPER FALLS SENIORS

*Newton Community Center
51 Pettee Street, Newton Upper Falls
(entertainment starts at 10:00am)*

May 7... **TBA**
May 14... **BINGO**
May 21...
Rizo -guitarist and singer
May 28... **TBA**

Refreshments served... guests welcome!

★ *The Newton Senior Center is looking for a
VOLUNTEER Bridge Teacher
Call Joanne if interested at 617-796-1670.*

\$\$\$ The ECONOMIC STIMULUS PAYMENT

If you have not yet filed for your "economic stimulus payment" from the government you have until October 15. You may also file for your Senior Circuit Breaker Refund , retro-active three years. The Newton Senior Center will offer assistance to complete these forms, June-October 15. Call for an appointment, 617-796-1660.

Appointments are limited, please call soon!

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
friends,

**Myrtle Norton &
Virginia Tashjian**



Visit the **NEWTON SENIOR CENTER**
website

www.Newtonseniors.org

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

The SilverNewtones Travelin' Songs

The SilverNewtones, a non-profit chorus of 55+ singers will perform this Spring:

- May 14- West Newton Golden Living- 2PM
 - May 15- Wingate at Needham- 2PM
 - May 19- St. Bridget's, Framingham- 1:30PM
- Information? Call Joan, 617-969-3922*

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. None accepted after June 30.

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. Starting in June, 2008- \$3 for remaining year. (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

What can social services do for you?

During Older Americans Month we would like to tell you some of the things that social services at the Department of Senior Services can do to help you. Social services is a place where you can receive support and access resources. We provide individual, couple, family and group counseling to explore retirement, transitions, stress, family relationships, issues of aging, illness and bereavement. We can help you talk with your family about hard decisions such as moving, end of life choices and financial long term planning. We can help you maintain your independence by doing comprehensive social work assessments; providing outreach; and finding resources to meet your needs.

During the first 9 months of this fiscal year social services provided assistance to over 250 individuals. We helped seniors secure public benefits such as food stamps, fuel assistance, health insurance, SSI and The RIDE. We helped seniors obtain public and private home care, transportation, housing rehabilitation, nutritional services, personal emergency response system, employment counseling, and specialized mental health services. We helped prevent seniors from becoming homeless by assisting with applications for subsidized housing and prevented termination of electric and gas service.

We provided counseling to help decrease feelings of depression and anxiety; improve emotional functioning; and increase a senior's ability to solve interpersonal problems. We provided groups which increase a senior's knowledge about psychosocial issues; decrease a sense of isolation; and improve a sense of coping with problems and stress.

In addition, we provided 66 pieces of used durable medical equipment free to seniors in Newton. This included wheelchairs, walkers, canes, commodes and shower chairs. We have also provided adult incontinence products and nutritional drinks.

We are available to meet with you at the senior center or in your home. For more information on how we might be able to assist you, please call Kathy Laufer (617-796-1663) or Meghan Kennedy (617-796-1672).

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).



Welcome to the Digital Age

“Important information about getting your digital converter coupon”

At midnight of February 17, 2009 all TV stations in the United States will switch from “analog broadcasting” to “digital broadcasting”. This will free up the airwaves for emergency responders and bring TV viewers a clearer picture and more program options. Consumers have some choices:

1. Keep your analog TV and purchase a TV converter box. This will plug into your TV now and keep on working after the changeover. (See below for information about getting a coupon towards this purchase.)
2. Connect cable, satellite or other pay service.
3. Purchase a new digital television.

If you have an analog TV set and are NOT connected to cable, satellite or other pay TV service you will need to take action before the changeover, February 17, 2009.

If you DO have a digital TV *or* DO subscribe to a pay TV service your programming should continue uninterrupted.

For those who DO need a converter box, **coupons** are available to ease the cost.

You may call the 24-hour hotline to get your coupon at 1-888-388-2009 or go to www.dtv2009.gov on the internet.

Once you have your coupon you may purchase the converter box within 90 days of receipt of coupon at:

Wal-Mart, Circuit City, Radio Shack and Best Buy.

You may order by phone through:

Radio Shack DTV, 1-877-773-8848, Solid Signal at 1-866-374-4625,

Best Buy Hotline at 1-877-229-3889.

You may order online by going to the above website and finding the on-line retailers listed.

***For more information please attend the
Current Events/Speakers Program
on Thursday, May 8 at 10:00***

"Brain Ticklers"

Languages at the Senior Center!

(\$1 donation)

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

Intermediate Spanish, 10:30-11:30

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

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

The Short Story as American Literature

Literature lovers, *read & analyze great short story selections* with Rhona Swartz, Renaissance Woman,

At 2:30pm, the first, third and fifth Tuesday of each month.



Book Club

Join Charlotte Dooling, historian & teacher, discusses the "*The Appeal*" by John Grisham, at 1:00 on Wednesday, May 14.

Express Yourself!

- ***In Stitches***- Mondays, 1:00pm. Sew items for our store! All materials provided.
- ***Fine Arts Studio Workshop***- Wednesdays, 9:30-11:30am. Work on your own projects in our well-lit studio.
- ***Knitting Circle***- Thursdays, 10:00-11:30. Learn, or just knit.
- ***Ceramics***- Thursdays, 12:30-3:45. All supplies on site. \$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!

Playing Games!

Monday & Thursday-1:00-3:45... \$1 donation
drop-in **Mah-Jongg & Scrabble & Bridge**

Monday, Wednesday- 9-12 & Saturday 10-4-
\$1 donation - **Pool Cues (Billiards)**

Tuesday & Friday 1:00-3:00... 50 cents a card -
BINGO

Wednesday- 1:00-3:45... \$2 donation

Duplicate Bridge

Wednesday- 9:30-11:30... \$1 donation

Mah -Jongg Manners, drop-in lessons

Friday- 12-3:45... \$1 donation- **ChessNuts**

Friday- 1:00-3:45... \$1 donation **Poker**

Saturdays- 10-4... \$1 donation drop-in **Games**

Nurse's Notes

Shingles & the Shingles Vaccine

Shingles is caused by the same virus that causes chickenpox. Over 90% of adults in America have had chickenpox as a child. The virus can remain dormant in the body for many years and can re-activate in adults to cause shingles. Stress, being immunocompromised, and cell changes due to aging can lead to shingles.

Shingles is an illness that develops first as a rash, then erupts as blisters along nerve pathways and can often be painful. These blisters can take 2-4 weeks to heal. It can be dangerous when an eruption occurs near an eye as this can lead to permanent eye damage. Anti-viral and pain medications can alleviate suffering caused by shingles. Pain may continue even after the blisters have healed.

The FDA (Food and Drug Administration) approved on May 25, 2006 a vaccine called Zostavax to prevent shingles for adults 60 years of age or older. It is a live, attenuated vaccine and contains the same strain as the Varicella vaccine, though it is much more potent. Research has shown that the vaccine has reduced the incidence of shingles by about 50% in adults 60 or older. Possible side effects include redness, pain, and tenderness at the injection site and headache. People with an allergy to Neomycin should not take the vaccine.

The vaccine is reimbursed through the Medicare Part D program. To find out more about this vaccine, contact your doctor. You can also share your concerns with the public health nurses at the Newton Health and Human Services Dept. at 617-796-1420.

*Come to
HealthStop
at the Newton Senior Center on Monday,
May 12, at 10:30am
Nurses from the
Department of Health & Human Services
will speak about the
"The Shingles Virus"*

How's Calls

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

Incentivized Medicine

(a continuation of the article printed in this column in the month of April)

Drug companies provide us with some wonderful advances in patient care, but, some would argue, at far greater cost than necessary because of their motivation to generate ever higher profits. We owe them much, but the system is not without its flaws. Their techniques include:

- (a) offering free “education” to physicians over dinner at a luxury hotel.
- (b) paying lobbyists inflated salaries to exert influence on Congress; lobbyist efforts enabled the 2003 Medicare Part D legislation to be passed with a provision that the government cannot negotiate with the drug companies to obtain lower prices for Medicare.
- (c) extending the life of patents for drugs in order to maintain their high price, while keeping cheaper generic versions out of the market.
- (d) creating “new” drugs as combinations of two known drugs
- (e) ensuring favor for new drugs by reporting positive results of their clinical research studies while concealing negative events.

All these activities serve to enhance the cost of U.S. health care without *necessarily* improving its quality. When unnecessary tests are done, there will inevitably be abnormal results – some real, some falsely abnormal. The abnormal results in many cases call for additional testing or definitive treatment, which carries additional expense as well as *potential* risk to the patient. When sophisticated drug marketing induces physicians to prescribe, and patients to request, the latest expensive drugs, the consumer pays more and may risk more.

How then can we devise a system in which costs are better controlled? A revamped system of “Incentivized Medicine,” in which the chief motivation for all concerned is to deliver better care to the patient, could make us both healthier and wealthier. The public must work with the drug companies to continue their ground-breaking progress in keeping us alive and well, without draining our resources at the same time. One way is to remove the excessive financial incentives that abound in current practice. In such a world, can wisdom be far behind?

An interesting discussion by Dr. Arnold Relman, a longtime observer, practitioner, and leader in health care, is presented in his recent book, *A Second Opinion: Rescuing America's Health Care*.

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

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

This month's meeting will be on May 2, at 10:30 a.m.

OVER 55 May 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, <i>Golf & Scat</i> at the Scandinavian Living Center, 206 Waltham Street. Mondays, 10-3 <i>Cribbage</i> , Albemarle Fieldhouse.
TAI-CHI	A gentle, easy to learn class on Wednesday mornings.
WALKING CLUB	<i>Early Morning Walkers</i> Monday- Friday, 7AM- Albemarle Fieldhouse.
BALLROOM DANCE	Ballroom & Line Dancing- Emerson Community Center, Pettee St, Newton Upper Falls. Helen Murphy plays your favorites. \$2 donation.
AEROBICS / PILATES	Low impact aerobics Tuesdays & Thursdays- 6:15-7:15 PM, \$100 for 10 weeks. For working folks! <i>Pilates</i> - Wednesdays, 6:15-7:15pm. Lower Falls Community Center
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. May 28 "The Producers" Community Theater Trip. For information- Nancy, 617-796-1506.
SPRING PROGRAMS	<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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