

“Blessed is the generation in which the old listen to the young; and doubly blessed is the generation in which the young listen to the old.”

The Talmud

MAY is Older Americans Month!

May is Older Americans Month and the national theme is “Age strong, live long.” These are not just words. This recipe for living is served up daily at the Newton Senior Center. Upon entering the center on any given day one might look around and wonder where are the “old folks”?

One might see a fair amount of gray hair and a few walking canes but listen.... that is the sound of hearty laughter, computers operating, cell phones ringing, and modern music pumping up an exercise class. If you want to hear an opinion about current events and not just a fondness for the good old days, the center is rich in opinions and “new age” thinking!

Come to the Newton Senior Center to partake in programs and services designed for those with an appetite for living and a desire to, “Age strong and live long”!

Transportation Services Reinstated!

The City of Newton, Department of Senior Services is pleased to announce the “reinstatement” of previously offered transportation services for senior citizens living in Newton. Effective immediately, in addition to currently offered services, yellow transportation vouchers entitle riders transport to:

- *Long Term Care* facilities in Newton (limit of 2 visits per individual, per week)
- *Houses of Worship* in Newton (on Holidays and for scheduled services)

For details about how to access this transportation system, see page 3 of this newsletter or call the Newton Senior Center, 617-796-1660.

Another TAX Season Completed

Many thanks to George Buffington, our Tax guru, and his mighty band of tax preparers. We had a record year, filing over **263** tax returns in our Tax Preparation Assistance Program..

- 98 Circuit Breakers were completed
- \$80,000 was refunded by Circuit Breakers.
- Individuals averaged \$848 in Circuit Breaker refunds.

***Thank you to AARP
for making this service possible.***

Change is in the air and it is not just the season. Climate change, political change and social change are reshaping our world. Keep up with the news and share your thoughts and opinions about “history in the making”. The Newton Senior Center holds two active and informative current events programs each week. Mondays at 1:00 join the **NewsTalk** gang as they examine the news of the week. Thursday mornings at 10:00 join the **Current Events/ Speakers** group as they share opinions and showcase speakers. *Just drop-in!*

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

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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



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
Lindsay Carlson.....	Outreach Worker.....617-796-1672
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

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*

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



NOTE CHANGES BELOW... **

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

- ****Transportation to Long-term Care Facilities-** within Newton, 8a.m.-5p.m., Monday-Friday. Limit of 2 visits per week.
- ****Transportation to Houses of Worship-** within Newton on days and times when services are scheduled.
- **Medical Transportation** - to medical appointments within Newton and specific destinations OUTSIDE of Newton.
- **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. Order new cards 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.

Sweet May!



May is *Older Americans Month* “AGE Strong, Live LONG”

This is the month to celebrate your strength, wisdom and years by trying a new fitness class, attending a health talk or enjoying lunch with a friend at the Newton Senior Center. So many choices!

*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. (May 3).

The Doctor is In

On Friday, May 21, at 10a.m. “*The Doctor is In*” will focus on “Medical Imaging Safety”. Newton/Wellesley Hospital (Partners Healthcare) is bringing this most informative program to the center. All welcome!

First-Aid Tips

Cataldo Ambulance Company, now serving the Newton area, will present a program of “first-aid” tips. Don’t be caught unaware, learn how to handle common accidents that require a first-aid response. Thursday, May 6, 10a.m. Drop-in!

Living with Diabetes Series

This 2-part series will be presented by Jewish Family & Children’s Service on Wednesdays, May 5 and May 12...1:00 – 2:30 p.m. A panel of experts will address many of the issues related to “Living with Diabetes”. **Please pre-register by calling 617-796-1660.**

*BBQ!

The first BBQ of the 2010 season will be held at the Newton Senior Center on Wednesday, May 19. We thank our sponsor, the Goddard House of Brookline, for making this possible. **Please pre-register by 11a.m. the previous day.** Come for live music and good food, “rain or shine”! \$3 per person will be collected at the door.

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

Alderman, Stephen Linsky

Alderman, Stephen Linsky will see citizens at the Newton Senior Center on Thursday, May 20, 8:30 and 9:30am. No appointment necessary.

*Know Your Fats

Springwell’s Nutrition Department will present an informational program about fats in our diet. Tuesday, May 25, 12:00 noon. (Lunch-talk)

Current Events & Speakers

“MAINTAIN YOUR BRAIN”

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. **On May 27**, hear the Alzheimer’s Association interactive workshop covering nutritional and lifestyle advice to “**Maintain Your Brain**”. *Please pre-register, 617-796-1660.*

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!

Looking Ahead to JUNE

Wednesday, June 2, 1 p.m.- Talk on “Hearing Loss”

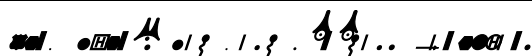
Wednesday, June 9, 11:45a.m.- BBQ

June 14- 25- Newton Senior Center ART SHOW- City Hall

June 21- 12-3:30p.m.- MBTA Passes

*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



Cataldo Ambulance Company for presenting a program on "First Aid".
Jewish Family & Children's Service for presenting the program on "Living with Diabetes".

Goddard House for sponsoring our May BBQ.
Newton/Wellesley, Partners Healthcare for presenting the program "The Doctor is In".

The Alzheimer's Association for presenting the program "Maintain Your Brain".

In appreciation of Tax Preparation Assistance:

Anna Verhulst Nyle Kim Dominic Precopio Sylvia Haas
Joanne Amendola Helen Pahigian Barbara Mooney

In appreciation of the Newton Senior Center:

Sarah Arabian Joyce M. Spencer

In memory of Esther Rotman:

Martin Mead Hilda Smith

In memory of her Aunt Tillie Kantrowitz, Roberta Stoller
In honor of Marion Pollack's Birthday, Louise & David Citron



*The Newton Senior Center
regrets the passing of dear friends
Sue Baker, Mary Jackson and Esther Rotman*

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!)



Curious about the Newton Senior Center???

To set an appointment for a tour
call Joanne at 617-796-1670

Adults age 60 & over needed!

The Brandeis University Emotion Lab is seeking participants **age 60+** for eye-tracking studies. Our studies are non-invasive, interesting, and unique. Studies take 2 hours and we pay for your time.

If interested, contact Yoon Sun at 781-736-3282 or emotionlab@brandeis.edu

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.

STABLE

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.
- **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 before start of new session”
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.**

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.***

Muscle Conditioning:

This *drop-in* class focuses on strengthening muscles through repetitive movements, using small free weights and stretch bands. Studies have found that this form of fitness training is very beneficial at *any age*. The Newton Senior Center offers this class twice a week, Tuesdays and Fridays at 10:30. Comfortable clothing suggested. A donation of \$2 per class is customary.

“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.

Health Care Reform & Medicare

Over the past year, there has been a long, hard fought debate about health reform in our country. If you are on Medicare, you are probably concerned and confused about how the newly passed legislation will change Medicare. The National Council on Aging (NCOA) has written “**Straight Talk for Seniors on Health Reform**,” to help you understand these changes. The NCOA is a non-partisan, non-profit organization, with a long history of helping older adults understand complex programs. You can find this publication on the NCOA website, www.ncoa.org.

NCOA states that the new legislation will provide you with the following:

More Help with Prescription Drug Costs: If you’re someone who falls into the Medicare prescription drug “doughnut hole” or coverage gap—this plan will help. It will gradually close the gap, so you’ll no longer have a period where you have to pay 100% of your drug costs. In the first year, the plan will provide a one-time \$250 payment to individuals who hit the gap. It will also improve the program that reduces drug costs for seniors with limited means and make it easier for you to appeal coverage denials.

Better Preventive Care: You’ll receive a new, free annual wellness visit. And you’ll no longer pay any out-of-pocket costs for preventive benefits under Medicare—such as cancer and diabetes screenings.

The SHINE (Serving Health Information Needs of Elders) program will help you understand further changes to your Medicare coverage as more information becomes available.

If you need help with your current Medicare health insurance, SHINE offers free counseling at the Newton Senior Center. Call 617-796-1660 for an appointment. To reach a SHINE volunteer by phone, dial 1-800-AGE-INFO. 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, **Wednesday, July 21**. It is offered *entirely* in the classroom. For AARP members -\$12 per person... for non-members- \$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) Drivers may *register on June 1*, for this “all-day” training. Please bring your **AARP** card when registering. Checks or cash only! Questions? Call Joanne at 617-796-1670.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Low Vision Group 10:30 French Lessons 10 Line Dance (pre-register) 11:45- Lunch - Greek Chicken Seafood Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">4</p> <p>9-10- Aerobics 9-4 SHINE Appts. 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 11:45- Lunch Baked Haddock Chef Salad 1 Bingo 1:30 Swing Band</p>	<p style="text-align: right;">5</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Beef & Bean Chili Tuna Salad Vic King- piano 1 Movie - "The Perfect Storm" 1 Duplicate Bridge 1-2:30 Living with Diabetes</p>	<p style="text-align: right;">6</p> <p>8:55-9:55 Line Dance (pre-register) (pre-register) 10- Knitting 10 First Aid Workshop 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11:45-12:45 Tai-Chi 11:45- Lunch – Chinese Omelet SPECIAL 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">7</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- baked Macaroni/Cheese Chicken Pattie 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</p>
<p style="text-align: right;">10</p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Chicken Paprika Tuna Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">11</p> <p>9-10- Aerobics 9-4 SHINE Appts. 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 11:45- Lunch American Chop Suey Deli Corned Beef/ Swiss Cheese 1 Bingo 1:30 Swing Band</p>	<p style="text-align: right;">12</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Breaded Fish/ Cheese Sauce Roast Beef/ Cheese Vic King- piano 1 Movie -"The Blind side" 1 Duplicate Bridge 1-2:30 Living with Diabetes</p>	<p style="text-align: right;">13</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 11:45-12:45 Tai-Chi 11:45- Lunch – Pot Roast/ Gravy Turkey & Cheese Plate 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;">14</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Ham & Pasta Bake 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</p>
<p style="text-align: right;">17</p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Meatloaf/Gravy Chicken Pattie Dialogue w/ Director 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">18</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 Creamy Italian Chicken Peppercorn Turkey/Cheese 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;">19</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- BBQ! <i>Sponsored by Goddard House</i> 1 Movie- "District 9" 1- Duplicate Bridge</p>	<p style="text-align: right;">20</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 11:45- Lunch – Baked Haddock Ham & Swiss 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;">21</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:00 The Doctor Is In 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Stuffed Shells Tuna Salad 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</p>
<p style="text-align: right;">24</p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Hot Dog Roast Beef/Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;">25</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 Haddock/Creamy Red Pepper Sauce Turkey & Cheese Talk- "Fat in Your Diet" 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;">26</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Beef Stir Fry Tuna Salad Vic King- piano 1 Movie-"Shutter Island" 1- Duplicate Bridge</p>	<p style="text-align: right;">27</p> <p>8:55-9:55 Line Dance II (pre-register) 10 Knitting 10:05- Current Events/Speaker "Maintain Your Brain" 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11:45- Lunch – Meatball Sub Ham & Swiss 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;">28</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- Hawaiian Chicken 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</p>
<p style="text-align: center;">31</p> <p style="text-align: center;">Center Closed for Memorial Day Holiday</p>		<p style="font-size: 2em;">May 2010</p> <p style="font-size: 1.5em;">Older Americans Month</p> <p style="font-size: 1.5em;">"Age Strong, Live Long"</p>		

The Senior Center & Beyond

SENIOR CENTER MEALS

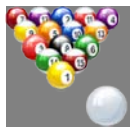
Lunch every Monday-Friday at 11:45.

- 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.

The POOL CUES Knock'em In!

The Eastern Massachusetts 8-Ball Travel League, Spring 2010 opening event was held on March 18, in Tewksbury.



Newton was victorious

11:00- Newton 9
Tewksbury 7
1:00- Newton 10
Tewksbury 6

Team Members: *Paul Grimes, Harry Wentzell, Dave Wainwright, Yuri Feldman, Mike Finnerty*

The league plays through the month of May including teams from Tewksbury, Newton, Needham, Arlington, Bedford and Chelmsford

Would you like to...

- *Lead a Yiddish Club?*
- *Lead a writing group?*
- *Teach a foreign language?*
- *Teach Mah-Jongg?*
- *Make items to sell at our store?*
- *Present a workshop about your hobby?*

The Newton Senior Center is always looking for **VOLUNTEERS** to make our program schedule special. *Please contact Joanne at 617-796-1670 or jfisher@newtonma.gov*

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 617-244-1404x231 or *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

May 5... To be announced

May 12... BINGO

May 19... The Silver Tones

May 26... Mark Tavenner

"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.

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):

Monday, May 10... 5:30-7:30p.m.

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"

Monday, May 17- 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

May is Older Americans Month

May is a time of renewal; a time of growth, sunlight and warmth. It is also a time to celebrate the pleasures which can come with aging. Some of the true pleasures are increased leisure; being yourself; and the ability to be present and aware.

Time is yours as you age. You don't have to punch a time clock – you can make your own schedule. You can choose to read at 2 a.m. – view it not as insomnia but precious reading time. Patricia Morrisroe wrote in the NY Times, “For some people waking up in the middle of the night is a terrible curse; unable to drift back to sleep, they're confronted with a big gaping hole that represents hours of lost time. For my mother-in-law, that time is a gift. At 87, she is acquiring the education she never had by working her way through the canon of great literature.” Sometimes what seems a curse can be a blessing: instead of lost sleep, she is gaining the equivalent of a doctorate in literature!

Instead of fighting her insomnia, she turned those midnights into “all-nighters” like a college freshman. Aging brings physical and mental changes. Some cope with surgery and cosmetics. Others embrace – or at least accept – the process by maintaining a positive attitude; taking care of mind and body; and being true to oneself. One person who comes to mind is Katharine Hepburn - who never gave a hoot about what other people thought of her. This authenticity is difficult for some who can't accept the changes that come with aging; for others it provides a relief. As we age, some find it helpful to distinguish between “what is outside and fleeting, and what is inside and eternal”, writes Ron Valle, PhD and Mary Mohs, LVN, MA. They go on, “It is understandable that many feel trapped in an aging body while the world around us constantly celebrates the pleasures of youth.” They argue that there is value to being present in the moment, including seeing one's inner self. Sometimes when we experience an emotion we try to analyze it and ruminate on what we can't change; we miss an opportunity to just observe our feelings and accept ourselves just as we are.

During this month, I encourage everyone to **celebrate** – turn those challenges into advantages; accept and be authentic; and live every day to its fullest.

Getting Food Stamps in a SNAP!

If you are over the age of 60 and have a monthly income of less than \$1,805 (individual) or \$2,429 (two person household), you may qualify for the SNAP (food stamp) program even if you have assets, such as a savings account or CD account. You may even qualify if your monthly income exceeds the amount listed above, but your assets will be considered.

Applying for SNAP (Supplement Nutrition Assistance Program), formerly known as food stamps, is easier than ever before. The application is only two pages long and you can increase your monthly benefit by submitting proof of your monthly shelter expenses such as rent and utility bills. Your benefit can also be increased by submitting proof of medical expenses that exceed \$35/month. Those receiving food stamps receive a monthly benefit in their account and use a debit-like card to make purchases. Food stamps can be used to buy any food except alcohol, pet food or prepared food.

Our Outreach Worker, Lindsay Carlson, assists seniors apply for food stamps **by appointment only**. If you would like to make an appointment, please contact **Lindsay at (617) 796-1672**.

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.) **Please call if you would like to make a donation as we have limited space.**

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 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.

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, etc. *Reach Lynn at 617-796-1675, 12:30 to 4:00pm, weekdays. This service made possible by Springwell*

Senior Citizen Parking Stickers

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 are valid June 2009-June 2011.

Learn the Computer and Connect

The Newton Senior Center offers *computer lessons* to senior citizens wishing to stay connected through modern technology. If you are a computer user wishing to increase your skills or a beginner wanting to learn to use a computer, simply call Joanne at 617-796-1670, and hop on the technology highway!

Our lessons are tutorial style (*1 student/1 teacher*) and take place at the center. We ask \$50 for 6 lessons or \$10 per lesson.

Students are required to have access to a computer at home so they can practice daily. Computers available on site for lessons.

"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, 10:30am

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

Intermediate Spanish, 10:30-11:30

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

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

Parlez Francais with Jane! Learn to speak conversational French with Jane Leighton on Mondays at 10:30... just drop-in!

Artists & Art Lovers!

The Newton Senior Center is planning for its Annual Spring Art Show. This exhibit of the work of senior citizen artists from in and around Newton will be open to the public on **June 15 to June 24**, in the rotunda of Newton City Hall.

Artists are asked to bring their pieces to the Newton Senior Center between June 7 & June 11. All work should be labeled on the back with artist's name and title of work. All media accepted, excluding jewelry and video work.

Thank you to the Newton Girl Scouts for the loan of their display "fence". Thank you to the exceptional volunteers who make this show possible.

Questions? Call Joanne, 617-796-1670.

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.*

Incontinence

By Monique Blierot, RN

Urinary incontinence is the involuntary loss of urine. It is a common problem as we age, with more frequency in women. Increased bladder elasticity, poor pelvic muscle tone, bladder infections, certain medications, brain and spinal cord injuries, and an enlarged prostate all contribute to urinary incontinence.

“*Urge incontinence*” is the most common type of incontinence with a sudden and strong desire to void. “*Stress incontinence*” is leakage of urine during coughing, laughing, sneezing or other physical activities. “*Overflow incontinence*” occurs with over-distention of the bladder. “*Functional incontinence*” is caused by dementia and physical immobility.

It is important to discuss your symptoms with your doctor. He may ask you to keep an incontinence diary to see if there are voiding patterns. Untreated, incontinence can lead to skin rashes, skin breakdown, and bladder and kidney infections. Your doctor will also go over your medications to see if any are contributing to incontinence. A pelvic exam and lab tests will also be done at your doctor’s office.

Behavioral treatment involves losing weight, avoiding constipation, avoiding heavy lifting, cutting caffeine, and ceasing smoking (coughing). Kegel exercises are a type of physical therapy that strengthens pelvic muscles. Urinating on a regular schedule, every 2 to 4 hours is recommended to train the bladder.

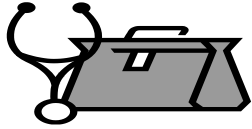
There are many types of medications that deal with urinary incontinence. They help control muscle spasms which can help prevent leakage of urine. If you have a urinary tract infection, you will be given an antibiotic. Surgery can be done to deal with stress incontinence. As always, please bring your questions and concerns to your doctor, nurse practitioner or nurse.

YOGA at the Newton Senior Center

Steffi Shapiro has been bringing relaxation and flexibility to the Newton Senior Center three times a week for over 16 years. For the many who “religiously” attend chair Yoga (breathing, meditation, relaxation and small movements) these meetings are an oasis of calm in their week. For those who drop to mats and gently stretch and flex, these meetings are a step to improved physical and mental well-being. These classes are drop-in (\$2 suggested donation for each meeting), and require comfortable clothing and open minds. Each year Steffi asks “Yogis” to fill out a questionnaire about their Yoga experience. Half of the attendees responded. **Results:**

- 75% of responses- well -being *very much* enhanced
- 25% of responses- well-being *somewhat* enhanced
- 68% of responses- tension reduced *very much*
- 25% of responses- tension reduced *somewhat*
- *Half of attendees* have attended for less than one year.
- *Half of attendees* attended for more than one year.
- *Ages range* from 57 to 88, averaging 70 years old.

See calendar for days and times Yoga Classes are scheduled.



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.)

Weight a Second . . .

. . . *Opinion, that is.* What importance do you attach to getting a second opinion? Here are some questions and my responses. You needn't agree, but take a minute to hear my (second) opinions.

1. Why would I ever need a second opinion? I trust my doctor and he/she knows me well.

Although your physician may be intelligent, honest, and caring, medical issues are so complex that unintended errors occur with disturbing frequency. Surveys reported by two nationally respected doctors – Michael Roizen and Mehmet Oz – in their 2006 book “*YOU The Smart Patient*” suggest that as many as 40% of diagnoses may be incorrect.

2. Will my doctor (who gave the first opinion) be insulted/annoyed if I want another opinion?

If your doctor is rational, he/she should welcome either a chance to obtain expert confirmation of his/her diagnosis/recommendation or a chance to avoid a potentially damaging error.

3. When is it especially appropriate to seek a second opinion? When is it not appropriate?

Appropriate:

- A] when you are told you have a serious diagnosis
- B] when you have a rare diagnosis
- C] when the current treatment for your condition is not helping
- D] when your diagnosis and treatment plan depend on the interpretation of a biopsy or imaging test (although you may never meet them, pathologists and radiologists are physicians whose opinions can have a major impact on your care).
- E] when elective surgery is recommended
- F] when multiple different treatment options could be used to treat your condition
- G] when, for whatever reason, you are uncomfortable with some aspect of your care

Not appropriate: when prompt treatment is urgent. You may not have the time to solicit other opinions when, for example, you are having a heart attack or acute appendicitis.

4. How often and in what ways are second opinions helpful?

Second opinions for breast cancer patients evaluated at the University of Michigan Comprehensive Cancer Center in a 1-year period resulted in changes in recommended surgery for 52%. Differing recommendations were due to a change in biopsy or imaging study interpretations or from an alternative consensus of specialists. A number this high may not occur for every group of patients or for every diagnosis, but it does suggest the value of second opinions.

5. Where should I go to find a reliable second opinion?

In general, going to a facility different from the one where your original diagnosis was made can offer a fresh point of view. For many diagnoses, the level of experience and expertise at a major medical center, especially one known for treating patients with your particular diagnosis, can provide an excellent review of your situation. In the Boston area we are fortunate to have several world-class medical centers, any one of which could be a good starting point.

6. What if the second opinion differs from the first?

- A] Ask the physicians who gave the two opinions to discuss your case and see if they can agree after a joint assessment of the findings.
- B] If a significant difference of opinion remains that will affect your diagnosis, treatment, or prognosis, a second (or third) opinion may be indicated.

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

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Over 55 May 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-** Call to get your name on the mailing list for the great Spring trips that are being planned!
- **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.-4p.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.
- **Basketball-** fairly serious game. John Stewart, 617-969-0950 or stewnewton@comcast.net
- **Pickleball-** Call to try something new! (Like badminton or tennis)
- **Tennis-** Wednesday & Friday mornings, 8-10am. Warren Courts.
- **Jazzercise-** Meet at the Hut, Newton Centre, Thursday mornings, 9am. First class FREE!