

June 2008

The New Budget



Dear Newton Senior,

Due to the Proposition 2.5 override vote decision we need to inform you of some changes that need to be implemented affecting the services and programs that the Department of Senior Services offers.

As of July 1:

The Newton Senior Center will **no longer be opened on Saturdays**. Staff is making every attempt to incorporate the programs that have been offered on the weekends into our weekday scheduling.

Our **part-time receptionist position has been eliminated**. We will make every attempt to sustain the high level of our customer service.

The contribution per transportation voucher is now \$3, with a minimum contribution of \$1 per voucher. A Transportation Contribution Exemption Form is available upon request.

Effective immediately:

The largest impact that has occurred because of the failed override is a **reduction of the department's Senior Transportation System:**

- Riders will **no longer be able to use this system to get to medical appointments outside the city of Newton**. Those who have been using it to attend Adult Day Health programs within a two-mile limit of the city boundaries will be able to continue to do so.. Busy Bee Transportation Services can provide access to medical appointments outside the city. You need to contact them at least three business days in advance at 1-800-427-0230. They ask for a \$4.00 donation each way and can transport between the hours of 10:00-3:30.

- Riders will **no longer be able to use this system to attend their Houses of Worship**.
- Riders will **no longer be able to use this system to visit family and friends in long-term care facilities or hospitals**.

In this financially difficult time, we have made concerted and creative efforts to prioritize the services that we offer with the goal of sustaining the services that address the highest level of need for the largest number of people possible. We remain committed to our mission of assisting, enriching, and improving the quality of life for all of Newton 's Seniors and to providing connection to the senior center, to each other, and to the community at large. Please do not hesitate to contact department staff to share your concerns or to clarify any information.

Jayne Colino, Director, Senior Services

Table of Contents

Page 3... *Getting Around*

Page 4... *June Jewels!*

Page 5... *June Drumbeat*

Page 6... *Health Matters*

Page 7... *The Director Speaks*

Page 8 & 9... *Calendar*

Page 10... *Information Station*

Page 11...

From the Desk of Our Social Worker

Page 12... *Around Town*

Page 13... *Brain Ticklers*

Page 14... *Nurse's Notes*

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



Staff

Jayne Colino.....	Director...617-796-1671
Alice Bailey.....	Administrative Coordinator...617-796-1664
Joanne Fisher	Program Coordinator...617-796-1670
Kathy Laufer.....	Clinical Social Worker...617-796- 1663
Meghan Kennedy	Outreach Worker... 617-796-1672
Linda Johnson	Administrative Assistant... 617-796-1665
Lucy Wentzell.....	Week End Coordinator
Lucy Bedigian	Lunch Site Manager
Mark Pincus	Assistant Lunch Site Manager
Joyce Cheng.....	Nurse... 617-796-1662
Monique Bleriot	Nurse... 617-796-1662
Carlene Kelly	Receptionist... 617-796-1673
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM

.....

*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 2008-June 2009.***

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, 2009.**

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. 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



PLEASE NOTE CHANGES BELOW

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

“Senior Transportation Services”

- **Medical & Other Transportation** - for Newton Seniors to medical appointments within the City of Newton *and* certain Adult Day Health locations up to 2 miles outside of the city. Monday through Friday 8-5.
- **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 5 days a week. Pick-ups begin at 8:00. Returns through the day until 4:00. (Center hours 8:30-4:00, Mon. –Fri.)
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, by calling 617-796-1660. The suggested donation for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way). *A minimum donation of \$1 is required.* For those unable to budget this amount (\$20 for 20 vouchers) or more; *please* request a waiver form. Acceptance of your waiver will enable you to forgo a donation.



Make all reservations by calling 617-796-1288.

If you have questions please call Alice Bailey at 617-796-1664.

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"OTHER Transportation Services"

Busy Bee Medical Transportation – medical transportation to some destinations outside Newton. The 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.* Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, 3-day advance reservations required, pre-registered riders only.*

june jewels

COMPUTER CLASS ORIENTATION & REGISTRATION...

THURSDAY, June 5, 10am for session running from week of June 9 through week of July 18. \$40 for 6 weeks. Limited slots available!

The Faces of History

History buffs and others... Wednesday, June 25, at 10:30am, join Charlotte Dooling for a discussion about "*Ben Franklin*".

Current Events & Speaker

This group meets on Thursday mornings at 10:00. For the months of June, July and August these meetings will be "current events" discussions. Beginning in September these discussions will alternate weeks with scheduled speakers.

Alderman Holds Office Hours at Senior Center

Alderman Stephen Linsky will hold "open" office hours at the Newton Senior Center on Thursday, June 19, 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! Please sign-up on the sheet provided outside of the Grover Room to reserve your "drop-in" session. (In advance or when you arrive.)

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. (June 4).

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. (June 11)

VOLUNTEER MEETING

Monday, June 30, at 1:00.

JUNE BBQ!

The June BBQ will be held on June 25 at 11:45. Please pre-register by 11:00 the previous day. The cost, per person, is \$3 to be paid at the door. Enjoy great grilled foods and the music of John Rampino. RAIN OR SHINE! Sponsored by Cabot Park Village of Benchmark Senior Living.

Chemical Sensitivity

The Massachusetts Rehabilitation Commission is sponsoring a talk on "Chemical Sensitivity" to be offered by the Boston Self Help Center. Learn about elements in environment that may be causing physical reactions, mild to severe. Come to the center on Tuesday, June 3 at 1:00pm.

SOCIAL SECURITY UPDATE

Francine Kollias, of the Department of Social Security, will speak about upcoming changes and the Social Security Debit Card! Bring questions and curiosity on Wednesday, June 4 at 10:00.

Nutrition Talk

Nancy Keefe, nutritionist from Springwell, will speak at lunchtime on Tuesday, June 10. Get the most recent nutrition information about the newly refined Food Pyramid and get answers to your questions.

SECURING YOUR WIRELESS NETWORK

Eric Hutchinson of the City of Newton, IT Department, will help you to secure your wireless network., Wednesday, June 18, 10:30am. All welcome!

June Drumbeat

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

Every Wednesday & alternate Fridays enjoy the magic fingers of *Vic King*.

On alternate Fridays enjoy the marvelous melodies of *Harold Kaswell*.

(see calendar)

Tuesdays, 1:30... Newton Swing Band

Wednesdays, 9:00...

Newton Senior Center Chamber Music Ensemble.

Many Thanks for your generous donations...

In honor of Ethel Goldman's Birthday from her loving children.

For printers for our Tax Preparation Program, Kurt Hensch.

In memory of Christopher Roberts, Sylvia Kaloustian

For a new Mah-Jongg Set, Philip Daley

In appreciation of assistance with tax preparation:

- Moulazadeh M. Reza
- Ethel Newfield
- Sylvia Haas
- Ruth & Richard Sterne

In appreciation of the Senior Center:

- Cecilia Stuchlik
- Hilda Smith
- Pastries and goodies, Andrew Magni

Join Jayne Colino, Director of the Department of Senior Services,

Tuesday, June 17- 12:00 noon

for a "Dialogue with the Director"

The Newton Pride Credit Card

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, call 1-800-932-2775 or go to www.newtonpride.org/creditcard



Keeping Cool!

The Newton Senior Center is your "cool down" center for the hot summer months. When the temperature is 90 degrees for more than two days in a row, the Senior Center remains open to the public until 9:00pm. No food is served but you are welcome to "brown bag it!" Those needing transportation to the center at these times should call 617-796-1288. This does not include Saturdays and Sundays.

"There is no cure for birth and death,
save to enjoy the interval."

George Santayana

Health Matters

The Low-Vision Group meets the first Monday of each month, 10:00am. The June meeting is canceled.

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, June 9, at 10:30 See page 14

FIT Fitness into Your Life!

Mondays...

LINE DANCING 10:00am (\$40/ 8 weeks)

pre-register by June 2- session begins June 9

BEYOND BALANCE 1:00-2:00 (\$40/ 8 weeks)

*pre-register by July 28- session begins August 4
(Strengthening exercises to improve balance)*

Mondays

CHAIR YOGA 2:00 pm

Tuesdays & Fridays

AEROBICS 9:00am

MUSCLE CONDITIONING 10:30am



Wednesdays...

MATTER OF BALANCE 1:30-3:30 (8-weeks)

registration begins August 25-session begins September 10,

“Fall Prevention Program” Sponsored by

Newton/Wellesley Hospital / Partners Healthcare

Thursdays...

CHAIR YOGA 1:00pm

FLOOR YOGA 2:00pm

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

SATURDAY, JUNE 7th, 9:30am-Noon

Improving Brain Health

“Reducing Your Risk Factors for Memory Loss”

West Suburban Alzheimer's Association Partnership

Druker Auditorium... Newton Free Library

Continental breakfast and questions and answers!

The Director Speaks

Dear Newton Senior,

This is a continuation of the May article highlighting the ways in which our center is addressing current needs and trends:

...**Advocacy** for access to benefits and services, through Information and Referral and Case Management. Outreach services provided by the Social Services staff.

...**Evidence Based Health Promotion Programs**. Provision of programs based on research that documents proven benefits for those who participate. Examples include: *Matter of Balance*, (Boston University); *Healthy Life Styles* (Stanford University); *The Healthy Eating Initiative* (Tufts University).

...**Brain Fitness and Health**. Commercial products (video games, software) are being marketed to the older adults in the hope of improving memory and brain health. The **factors that contribute to brain health** can all be accessed through programs offered at the center:

- **physical activity**: aerobics, muscle conditioning, line dancing.
- **diet**: our daily lunch program, the Healthy Eating Initiative, and educational nutrition programs.
- **social engagement**: happens every minute of every day just by walking through the door.
- **intellectual challenge**: computer classes, Bridge lessons, discussion groups, French salon, writing group.
- **emotional health**: support groups, individual counseling, and peer support
- **addressing health issues**: Men's Health Group, Health Maintenance Clinic.
- **fatigue management**: Yoga specifically, and ...if you take part in a fraction of the programs offered at the center you will be exhausted and sleep soundly every night.

I truly believe that senior centers are *proven evidence based health promotion programs*. We see the research findings everyday when we interact with participants whose brains, bodies, and spirits are healthier because of their participation here at The Newton Senior Center.

Come get connected to the center, the community, and each other... and become a healthier person in the process.

*Jayne Colino,
Director, Department of Senior Services*

Information Station

Newton /Brookline Consumer Office

Housed in Newton City Hall, this office is available to answer your consumer questions and mediate your issues around purchases of goods and services for your personal use.
Call 617-796-1292

\$\$\$ The ECONOMIC STIMULUS PAYMENT

If you have not yet filed for your “**economic stimulus payment**” from the government you have until October 15. **YOU DO NOT NEED TO FILE** for this if you have already filed a tax return. You will receive it automatically if you are eligible and have sent in a return.

You may also file for your **Senior Circuit Breaker Refund**, retro-active three years. You are eligible for this if you are 65 years+, own a house or condo assessed for under \$762,000.00 and your taxes are higher than 10% of your total income, including SSI. Non-subsidized renters, where more than 25% of rent is more than 10% of income, may qualify. Those in an assisted living when rent is more than 30% of annual income may be eligible. 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

Elaine Lampros &

Visit the **NEWTON SENIOR CENTER** website

www.Newtonseniors.org

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

VOLUNTEERS NEEDED!

*The Newton Senior Center is looking for:
a Volunteer Bridge Teacher*

&

Volunteer Computer Teachers

Call Joanne if interested at 617-796-1670.

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, 5:30pm and Noon, Saturday /Sunday

Channels- 9,10 or 15

depending on your cable provider

FROM THE DESK OF OUR SOCIAL WORKER



De-stress Your Life

We all face stresses in our lives. Stresses can be caused by everyday or traumatic events. They can include illness (chronic or acute); death of a spouse, child, sibling or friend; financial or employment difficulties. Stress affects our physical, social or emotional well-being. Everyone copes with stress – some just do a better job.

The **American Geriatrics Society** (AGS) lists factors which research has shown contribute to positive ways of coping with stress:

- Believing in yourself and your ability to control situations – i.e. positive self-esteem
- Coping strategies such as optimistic and confident thinking
- Contributing to family & community (ex. volunteer work)
- Decreasing social isolation through improving social networks
- Participating in spiritual or religious activities
- Practicing health behaviors – physical exercise, good diet, moderate drinking and meditation or relaxation

These coping mechanisms are inter-related: social networks often encourage healthy behaviors (ex. taking an exercise class or yoga); and healthy behaviors promote good self-esteem.

When an individual becomes overloaded with stress and unable to manage on her own, there are social service programs, including counseling and therapy, which help one regain that equilibrium. The Senior Center is a good place to regain that balance – through activities and programs and social connections.

For more information, please contact the Newton Senior Center at 617-796-1660.

Parents and Adult Children in the Movies

This summer's video/discussion group will explore how movies have captured some themes of older parents and their adult children. We will watch films which show "healthy relationships" between parents and children and those where conflicts are most evident. We will see how the directors and actors portray these roles and have an opportunity to critique them from our own life experiences. The series will run on five Tuesdays in July. We will meet in the library lounge. Be prompt as seating is limited. The first film will be shown on July 1st at 1 p.m. Please plan your transportation to pick you up at 3:30. If you have any questions, contact Kathy Laufer at 617-796-1663.



Around Town



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

LIVING WITH PARKINSON'S

"Resource, Networking & Support" First Thursdays, 10:30-12
Jewish Family & Children's Service
1430 Main Street, Waltham- 781-693-5069
For Caregivers *and* those with PD
Funded by the Okonow & Robbins Families

Disability Indicator Form

If you or someone in your household is disabled be sure to register them with the Newton Police Department by filling out a **Disability Indicator Form**. The police will then know who may need assistance in an emergency.

Forms available at the Newton Senior Center.

SPRING RABIES CLINIC

Wednesday... June 4, 5:30-7:30PM
Fire Station #4, 195 Crafts S., Newtonville.
Dogs & cats must be leashed or in carrier. \$10 fee
(Department of Health & Human Services-617-796-1420)

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 Kathy at 617-796-1663.*



"Does someone you love have a memory disorder?"

The National Safe Return Program

coordinates efforts to locate and recover wanderers.

Register your loved one 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, 617-796-2100 (non-emergency)***

"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

Book Club

Join Charlotte Dooling, historian & teacher, discusses "Water for Elephants" by Sarah Gruen, at 1:00 on Wednesday, June 11.



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

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 &Scrabble**

Lessons suspended until August

Looking for a volunteer to lead Thursday afternoon "Trivia" sessions. Call Joanne if interested, 617-796-

Nurse's Notes

Mosquitoes and Ticks

Mosquito bites and tick bites are not only annoying but, put you at risk for contracting certain diseases.

West Nile Virus (WNV) is carried by mosquitoes. Most people who are exposed to WNV have no obvious symptoms and less than 1% of people will develop severe illness, including encephalitis (inflammation of the brain) or meningitis (inflammation of the brain membranes). Persons older than fifty years of age are at higher risk of developing severe illness when infected by WNV.

You can protect yourself by reducing the chance of getting mosquito bites. This includes avoiding outdoor activities between dusk and dawn (when the mosquitoes are most active), wearing long sleeve shirt and pants and wearing mosquito repellents when involved in outdoor activities. Repellents that contain DEET are most effective, but use with caution. Never use repellent on an infant. Instead you can use mosquito netting on baby carriages or playpens when the baby is outdoors. The Department of Public Health regularly treats the wetland and catch basins with lavaecide to prevent the breeding of mosquitoes. You can also help to reduce the number of mosquito's population by eliminating standing water on your property.

Lyme disease is caused by germs that are spread by infected deer ticks. Both people and animals can contract Lyme disease. Early symptoms include rash, flu-like symptoms, such as fever, headache, stiff neck, fatigue, sore and aching muscles and joints. The symptoms begin to appear from 3 to 30 days after being bitten by an infected tick. If untreated, symptoms of late stage Lyme disease can involve joints, nervous system and heart which may occur from weeks to years after the initial infection. It's important to receive treatment during the early stage which can prevent more serious late stage problems.

Ticks are most active during warm weather, generally from late spring through fall. However, ticks can be out any time when the temperatures are above freezing. Ticks, clinging to vegetation, can be found in bushes, wooded or grassy areas. Lyme disease occurs throughout the state in Massachusetts, and other regions in the Northeast and mid-Atlantic and upper Midwest. You don't have to be a hiker on Cape Cod to worry about ticks. You may be bitten in your own backyard.

Repellents with DEET are very effective when used according to the instruction on the label. When walking or hiking in the woods stay on trails. Wearing long, light-colored pants (tucked into your socks or boots) can make it easier to spot the tick on the clothes. Always check yourself, your children and pets for ticks if you have spent time in an area likely to have ticks. If you have a tick bite and/or develop symptom of Lyme disease, see your health care provider right away.

Want to learn more about the Lyme disease and West Nile Disease?

Want to learn how to identify a deer tick?

Want to learn how to choose a repellent?

*Come to **HealthStop** at the Newton Senior Center on Monday, June 9, at 10:30am when nurses from the Department of Health & Human Services, will speak about the "**Mosquitoes and Ticks**"*

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.)*

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

This month's meeting will be on June 6, at 10:30 a.m.

The Dea(r)th of Primary Care (Part 1)

A Primary Care Provider (PCP) is the closest thing we have to a Marcus Welby – TV's 1970's warm, avuncular, all-knowing, always caring physician. The primary care physician we would like knows a great deal about all the health issues that can affect us and knows as well about our personal medical and family history. The PCP is the expert coordinator of the care we receive – diagnosis, testing, specialty consults, and treatment. He/she is available over the years with enough time and timeliness to meet our needs and cares deeply about helping us to achieve the longest and best quality life possible.

The physicians who choose to practice primary care would love to embody that description, but circumstances are conspiring to make that ideal increasingly unattainable.

The Value of the PCP

Studies show that patients with access to PCPs receive higher quality care at lower costs. The provision of preventive care often obviates the need for extensive and expensive specialty and high-technology interventions. Involvement of a "quarterback" enables ongoing management of chronic conditions by keeping controllable diseases from becoming emergencies.

The Worsening Shortage of Primary Care – Supply vs. Demand

The stresses of primary care practice are limiting the number of young doctors who choose it. The American College of Physicians estimates that in the next decade, we will need 40% more PCPs to meet the demand. However, for example, of the 50 medical trainees at Massachusetts General Hospital (MGH) last year (2007) who were eligible to go into primary care, only ONE did so. Nationally, fewer than 8% of American medical school graduates go into primary care.

According to a recent report on National Public Radio, *no* PCPs at MGH are taking new patients. "...[In] all parts of the state, [there are] patients unable to find a primary care doctor," according to Brian Rosman, Research Director of Health Care For All. This apparent shortage is occurring in the state that has the highest number of physicians per capita in the country.

As people age, they are more likely to develop chronic illnesses and disabilities, whose management requires the services of primary care providers. By the middle of this century, the population over 65 will have more than tripled.

If efforts to provide universal health care coverage succeed (and we hope they do), the estimated 47 million-plus uninsured Americans will be eligible to find PCPs. Already, as Massachusetts tries to realize the historic 2006 mandate that all citizens have health insurance, the difficulties of finding physicians for the more-than-300,000 newly insured are being felt.

In coming issues, we will address the underlying causes for the unpopularity of primary care careers, the ways the shortage is being addressed, and the steps that you as a primary care patient can take to get the care you deserve. Stay tuned.

OVER 55 June 2008

WWW.CI.NEWTON.MA.US/PARKS CLICK ON "OVER 55" or call Nancy at 617-796-1506
Newton Department of Parks & Recreation

BOCCE	Bocce League- begins June 2. Cabot Park Village, Mondays, 2-4:00. Call Nancy, 617-796-1506 for inf. about evening Bocce.
CARDS/CRIBBAGE	Thursdays 11:30 -4, Golf & Scat at the Scandinavian Living Center, 206 Waltham Street. Mondays, 10-3, Cribbage , Albemarle Fieldhouse.
RED HAT SOCIETY	Looking for a "fun" group? Call Nancy 617-796-1506
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	Worker's Workout - Low impact aerobics Tuesdays & Thursdays- 6:15-7:15 PM, Lower Falls Community Center- \$100 for 10 weeks. For working folks! Pilates - Wednesdays, 6:15-7:15pm at 545 Grove St.
SOFTBALL	<i>Emass Senior Softball League</i> – players 55 to late 70's call John Stewart at 617-969-0950.
SENIOR TRIPS	Wednesday, June 25, country dining in Westport, MA at historic Bittersweet Farm. Tour & taste at Westport Winery. Call to register.
BIKING	Thursdays, 10-11:00am. Call Nancy, 617-796-1506 to register
TENNIS PLAY	Wednesdays & Fridays 8:30-10:30am. Warren Courts. All welcome!
GOLF	League & Lessons- Meets Tuesday mornings, Commonwealth Golf Course, \$23/ 9 holes, cart & greens fees. Lessons available!



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 U.S. Postage
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 Boston, MA.
 Permit #52475

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