

June 2010

# ♥ Volunteers

*The Newton Senior Center salutes its corps of almost 200 volunteers. You make it possible to do the "improbable". In fiscally trying times, you make the programs and services of the center, grow and thrive. You infuse the atmosphere with your energy and life-force.*

***You are the heart and soul  
of the Newton Senior Center***

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***Want to know more about volunteer opportunities at the Newton Senior Center? Call Joanne at 617-796-1670.***

## **SENIOR ACCESS MBTA Pass**

The Newton Senior Center will offer local seniors an opportunity to register for/ or renew, their MBTA Senior Access Pass. This entitles the bearer to reduced rates when riding Massachusetts Public Transportation. You must come in person and bring proof of age (65 + years) or disability.

***Monday, June 21, 12:00 noon- 3:30pm.***

***Join Mayor Setti Warren for lunch  
at the Newton Senior Center*** ★

***Friday, June 18, at 11:45***

***Pre-register by 11:00am the previous day.***

## **Driver Safety Program!**

**AARP** will offer a classroom Driver Safety Program at the Newton Senior Center on **Wednesday, July 21**, from 10:00am to 3:00pm, with a break for lunch. (Pre-register for lunch by 11:00am the previous day or "brown bag" it) **Pre-register** for this "all-day" program with your payment, checks or cash only! **AARP** members -\$12 / non-members- \$14. Please bring your **AARP** card when registering or include your **AARP** number when sending a registration payment by mail. Checks should be made payable to the Newton Senior Center. Questions? Call Joanne at 617-796-1670.

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## **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.*

## **PD- Parkinson's Disease Support Group to Begin**

The Newton Senior Center will offer a new PD Support Group beginning July 26 from 10:30-11:30. Meetings will be on the last Monday of each month and will be led by a retired physician and PD patient. The MA. Chapter, National Parkinson's Disease Foundation will sponsor this group. Please pre-register if you plan to attend.

***Check out our new, improved "web-site" at  
[www.newtonseniors.org](http://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](http://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](http://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.

# jammin' june!

## Safe Internet Surfing

Onyen Young, Assistant District Attorney for Middlesex County, will *speak about Safe Surfing on the Internet*. Learn to protect your personal information, reputation and finances in this AGE OF INFORMATION. The new world of technology can work for you if you know how to protect yourself. Wednesday, June 16 at 1:00.

**Hearing Loss-** The MA. Commission for the Deaf & Hard of Hearing will present an informational program titled, "Sound Advice- Strategies for Better Communication in Daily Living". Wednesday, June 2 at 1:00pm.

**\*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. (**June 7 meeting cancelled**).

**\*Lunch-Time Broadway Musical Review!-** Dr. David Diamond will bring "Broadway" to Walnut St. on Tuesday, June 8 at 12:00 noon.

**The Doctor is In** -On Friday, June 11, at 10:30a.m. "The Doctor is In" will focus on "Colon Health". Newton/Wellesley Hospital (Partners Healthcare) is bringing this most informative program to the center. All welcome!

**\*BBQ!** - A BBQ will be held at the Newton Senior Center on Wednesday, June 9. We thank our sponsor, The Scandinavian Living Center, 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. Entertainment by Gerry Johnston, performer /musician.

**Flower Arranging Workshop-** Whole Foods of Newton will offer a *flower arranging workshop* on Monday, June 28 at 1:15. Please pre-register by calling 617-796-1660. Please bring a container for your arrangement. All other materials provided.

**Want to get and stay fit? See page 6.**

**Alderman, Stephen Linsky-** Alderman, Stephen Linsky will see citizens at the Newton Senior Center on Friday, June 4 at 8:30am. No appointment necessary.

**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!

**French Speakers!-** Join our "French Salon" on Thursdays at 1:30. Francophiles come together to speak about all things French in the language of France! Newcomers welcome...

**More Current Events!-** Thursday mornings at 10:00, join a lively discussion of the news of the day led by Len Linsky.

## \*Senior Center Music

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

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

## The Newton Senior Center SPRING Talent Show

...will be held on Wednesday, June 23 at 1:15 pm. Shirley Lewis, talent coordinator and Master of Ceremonies, will prove that "**Newton Has Talent**"!

***Many Thanks for your generous donations...***

- \*Whole Foods of Newton for a wonderful “flower arranging workshop”.
- \*The Scandinavian Living Center for sponsoring our June BBQ.
- \*The Joan Morse Memorial Music Fund for the musical entertainment at this summer’s barbecues.
- \*The Girl Scouts of Newton for the loan of their display fence for our Art Show.
- \*The Lillian Ginsburg Memorial Fund for the beautiful display cabinet in the Dining Room.

*In appreciation of the Newton Senior Center  
Terri Lavine Sylvia Drapkin*

*In appreciation of Tax Preparation Assistance*

*Sylvia Haas Jack & Joan Garabedian Celia Morello*

*In memory of Lillian Ginsburg*

*Sherry & Stewart Kahn Barbara & Arnold Andler*



*The Newton Senior Center  
regrets the passing of dear friends  
Zang Bromfield, Raymond Lee & Frances Sanders*

*In Memory of Lucy Wentzell-  
staff member, volunteer and friend.... One year later*

**IN OUR HEARTS**

We thought of you with love today.  
But that is nothing new.  
We thought about you yesterday.  
And days before that too.  
We think of you in silence.  
We remember how you look.  
Now all we have is memories.  
And your pictures in our book.  
Your memory is our keepsake.  
With which we'll never part.  
God has you in his keeping.  
We have you in our hearts.

*(adapted by Jean Gifford)*

**A Dixieland Concert in the Park!**

Cabot Park Village will hold “A Dixieland Concert in the Park” at Eastside Parkway (280 Newtonville Ave.) on Sunday June 27 at 4:00pm. **Enjoy the Winiker Band with family and friends.** Reserved seating under the tent in chairs is available for \$10 per person. Lawn seating (bring your own blankets or chairs) is free. Refreshments will be available for purchase.



Proceeds will benefit the Newton Senior Center & the One Company Fund.

**Call 617-965-7707 to reserve your seats.**

# 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** - Strengthening exercise. *Pre-register/pre-pay, 8 weeks/ \$40.*
- **Muscle Conditioning**- Muscle toning. Offered twice a week. Suggested donation \$2. Drop-in
- **Line Dancing, Monday** - *Pre-register/ pre-pay, \$40/ 8 weeks.*
- **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.**

### **To Pre-register you must Pre-pay:**

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

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

**See calendar for the days and times programs are offered.**

*Please note canceled days when instructors may take vacation.*

## **DON'T FALL DOWN!**

We live in an age of physical fitness yet even with the greatest commitment and the best of intentions the body will change. “Fear of falling” and the attendant complications of a fall, may slow us down and ultimately limit some of our activities. You need not cower in the face of this fear. At the Newton Senior Center we offer a program of targeted exercise to strengthen those muscles most necessary for good balance. The benefits of our **Beyond Balance** class go beyond increased confidence and strength. Attendees have experienced improved posture and have found this class to be a great resource for fitness information. *Pre-registration/pre-payment required.*

*“Serving Health Information Needs of Elders”*

**SHINE**

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

### **Medicare Fraud and Abuse**

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed, what Medicare paid and what you owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

#### **Tips to prevent fraud and abuse:**

- Don't ever give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Don't allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Don't contact your physician to request a service that you do not need.
- Do be careful in accepting Medicare services that are represented as being free.
- Do be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Do be skeptical of any provider who maintains they have been endorsed by the Federal government or by Medicare.
- Do avoid accepting health care items or services from a provider, who tells you that the item or service is not usually covered, but they know how to bill Medicare to get it paid.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Newton Senior Center (617-796-1660) and ask for an appointment with a Certified SHINE Counselor. You can also reach a SHINE Counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A SHINE Counselor will call you back as soon as possible.

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### ***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!)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Computer lessons are individually scheduled and will not appear on this calendar.</i></p>	<p style="text-align: right;"><b>1</b></p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Beef Ratatouille Seafood Salad 12-4 SHINE Appts. 1 Bingo 1:30 Swing Band</p>	<p style="text-align: right;"><b>2</b></p> <p><b>9-12 Health Clinic</b> 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Turkey, Broccoli, Penne Casserole Cold BBQ Chicken w/ Cheese <b>Vic King- piano</b> 1 Movie - <b>"Crazy Heart"</b> 1 Duplicate Bridge <b>1- Hearing Loss Program</b></p>	<p style="text-align: right;"><b>3</b></p> <p>10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Lemon Dijon Chicken Tuna Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;"><b>4</b></p> <p>8:30- Alderman Stephen Linsky <b>9-12- Health Clinic</b> 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:45- Lunch- Creole Fish Sliced Turkey Plate <b>Dialogue w/ Director</b> 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p style="text-align: right;"><b>7</b></p> <p>8:45-9:45 Tai Chi 9-Pool Cues <b>10 Low Vision (canceled)</b> 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Macaroni &amp; Cheese Egg Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games <b>1 Focus Group</b> 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;"><b>8</b></p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Baked Chicken Roast Beef &amp; Cheese <b>Dr. David Diamond</b> <b>"On Broadway"!</b> 12-4 SHINE Appts. 1 Bingo 1:30 Swing Band</p>	<p style="text-align: right;"><b>9</b></p> <p><b>9-12 Health Clinic</b> 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- <b>BBQ</b> (see page 4) sponsored by Scandinavian living Center Music by Gerry Johnston 1 Movie - <b>"Hurt Locker"</b> 1 Duplicate Bridge</p>	<p style="text-align: right;"><b>10</b></p> <p>10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Salmon Boat Chicken Ceasaer Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9-12- Health Clinic</b> 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning <b>10:30 the Doctor Is In: Colon Health</b> 11:45- Lunch- Roast Pork Seafood Salad <b>Harold Kaswell- piano</b> 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p style="text-align: right;"><b>14</b></p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Stuffed Shells Egg Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;"><b>15</b></p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch <b>SPECIAL-</b> <b>Beef Stroganoff w/ Noodles</b> 12-4 SHINE Appts. 1-Bingo <b>1-3:30 Video Discussion Series</b> 1:30 Swing Band</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">Art Show hanging in City Hall Rotunda until June 24</p> </div>	<p style="text-align: right;"><b>16</b></p> <p><b>9-12 Health Clinic</b> 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Pier #17 Fish Roast Beef Plate 1 Movie- <b>"Temple Grandin"</b> <b>1 SPECIAL Presentation:</b> <b>Internet Safety</b> 1- Duplicate Bridge</p>	<p style="text-align: right;"><b>17</b></p> <p>10- Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – BBQ Pulled Pork Turkey Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;"><b>18</b></p> <p><b>9-12- Health Clinic</b> 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:45- Lunch- Chicken Cacciatore Tuna Salad <b>LUNCH with Mayor Warren</b> 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p style="text-align: right;"><b>21</b></p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons <b>12-3:30 MBTA PASSES</b> 11:45- Lunch - Baked Haddock American Sub Sandwich 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;"><b>22</b></p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Beef Stew Roast Beef &amp; Swiss 12-4 SHINE Appts. <b>1 – 3:30 Video/Discussion Group</b> 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;"><b>23</b></p> <p><b>9-12 Health Clinic</b> 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Hot Dog Turkey &amp; Cheese <b>Vic King- piano</b> 1 Movie- <b>"The Informant"</b> <b>1:15-2:15 TALENT SHOW</b> 1- Duplicate Bridge</p>	<p style="text-align: right;"><b>24</b></p> <p>10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:30 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Baked Ziti Chicken Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p style="text-align: right;"><b>25</b></p> <p><b>9-12- Health Clinic</b> 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:45- Lunch- Orange Almond Chicken Egg Salad <b>Harold Kaswell piano</b> 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p style="text-align: right;"><b>28</b></p> <p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Turkey Burger Roast Beef &amp; Cheese 12:45-1:45 Beyond Balance (pre-reg) <b>1:15 Flower Arranging Wkshp.</b> (pre-register) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p style="text-align: right;"><b>29</b></p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Veggie Quiche Peppercorn Turkey &amp; Cheese 12-4 SHINE Appts <b>1-3:30 Video/Discussion group (cancelled).</b> 1-Bingo 1:30 Swing Band</p>	<p style="text-align: right;"><b>30</b></p> <p><b>9-12 Health Clinic</b> 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Grilled Chicken &amp; Cheese Egg Salad <b>Vic King- piano</b> 1 Movie- <b>"It's Complicated"</b> 1- Duplicate Bridge</p>		

# The Senior Center & Beyond

## Newton Upper Falls Seniors

Pettee Street, Newton Upper Falls  
Emerson Community Center

**JUNE ... 2010**

*Friends welcome... Refreshments served*

June 2... Joe Cleveland, Martell Spanola

June 9... BINGO

June 16... Join us for a Pizza Party

*See you in September!*

*Join... Jayne Colino,*

*Director, Department of Senior Services for a*

★ *"Dialogue with the Director"*

*Friday, June 4 - at 12:00*

## 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](mailto:emotionlab@brandeis.edu)

## 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.*

**MOVIE BUFFS...** see newer films (listed on calendar) on Wednesdays at 1pm and Foreign Films (surprise titles), Fridays at 1pm at the Newton Senior Center. \$1 suggested donation.

## 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](http://www.soar-ma.org)*

## 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*

## *"Give the Gift of a Newton Throw"*

Newton Throws are available at the Newton Senior Center, in 4 colors.

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

## 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):**

Wednesday, June 2... 5:30-7:30p.m.

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

Animals must be caged or leashed- \$10 fee

***Curious* about the Newton Senior Center???**

**Set an appointment for a tour...**

*call Joanne at 617-796-1670*

## 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*

## 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

### **June Focus Group Discussion**

Many older people say they would like to stay where they are for “as long as possible”- referring to their domicile. If you would like to join a lively discussion of the following questions on **Monday, June 7, at 1:00pm**, please call the center at 617-796-1660 and pre-register.

1. What does the phrase “as long as possible” mean to you?
2. How will you know when “as long as possible” has come to an end?
3. What would you like to happen when that time arrives?
4. What options do you have?
5. Who will make the decision about what to do?
6. If you cannot make the decision for yourself, who will make it for you?
7. Do they know your wishes?

Your thoughts are extremely useful to help us better understand how to serve people in the community. Share your thoughts as we, together, build an even more livable community, a space to “age in place”.

### **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*

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### **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 so they can practice daily.

# ...from the desk of our Social Worker

## Elderly and Addictions

The definition of an addiction, according to a medical dictionary, is “a persistent, compulsive dependence on a behavior or substance....Addiction has been extended, however, to include mood-altering behaviors or activities. Some researchers speak of two types of addictions: substance addictions (for example, alcoholism, drug abuse, and smoking); and process addictions (for example, gambling, spending, shopping, eating, and sexual activity).

The elderly suffer from problems of addiction – to alcohol, nicotine, prescription and street drugs, gambling and food – like every other segment of the population. One major difference is that the problem is often hidden, un- or under-diagnosed, because family and professionals miss the warning signs or think these are merely signs of aging.

Some researchers and clinicians see two general types of seniors who have problems with addictions: “the survivors” who have been addicted for many years and are now turning 60; and those who begin later in life – often triggered by stressors such as retirement, poor health, loss of a spouse or financial concerns. The most common addiction is to alcohol – it’s legal, easy to obtain, and “socially” acceptable, in moderation. When seniors, who have been social drinkers, continue to drink the same amounts they can run into problems because of its higher rate of absorption in the elderly. In addition, many seniors take prescription medications and over-the-counter (OTC) drugs. The combination of medications and alcohol can have adverse reactions. The Massachusetts Department of Public Health has published a pamphlet entitled *Healthy Aging: Medications and Alcohol* which can provide a lot of useful information and is available in the social service office at the senior center. Alcohol is not the only drug that seniors use. Beside prescription and OTC drugs, seniors may use marijuana, nicotine, and opiates. All have the potential of becoming addictive and significantly dangerous when combined with alcohol, prescription and OTC medications.

Addiction to drugs and alcohol isn’t the only addictive behavior seen in seniors. While ‘food addiction’ may seem laughable to many, researchers confirm that addictive drugs use the same neural pathways as food and that it is now established that a person can be as addicted to unhealthy food habits as to smoking or consuming alcohol! “Weight gain in older age is as serious as it is in younger people, even if weight remains stable during the first half of life,” says Tamara Harris, MD, of the National Institute on Aging in Bethesda, Md. “The unhealthiest pattern is continuously gaining weight throughout life, which results in a risk for type II diabetes.” Because it may make us feel good, it’s as difficult to stop overeating as it is to stop smoking or gambling.

Gambling is another under-reported addiction - it is rare for someone to brag that they lost their month’s pay (or social security check) at the track or Foxwoods – especially when they believe they’ll win big next time. Some view gambling as a recreational activity, like playing cards or Scrabble. For many it is a significant problem.

*How do we view these problems? Do they conjure up stereotypes of Skid Row? **Beginning June 15<sup>th</sup> the summer video/discussion series will explore addictions as seen in film.** Though many films show younger adults, the issues and concerns around addiction can be seen as universal no matter the age. The series will run on Tuesdays, June 15 – July 13. The group will meet from 1- 3:30 p.m. to allow time for viewing the film and discussion. Any questions, please call Kathy at 617-796-1663.*

## Getting Food Stamps in a SNAP!

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**.

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**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.**

# "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* 10:30-11:30
- *Wednesday- Duplicate Bridge* 1-3:45... \$2 donation
- *Thursday- Bridge Lessons* 10:30-11:30... \$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!

## Exercise Your Brain!

Brain Fitness can brighten your day and be a key to remaining independent and connected. The Newton Senior Center offers many opportunities for keeping the brain fit and functioning.

- Our public access computers have *Brain Games* installed to challenge and entertain.
- Scrabble, Bridge, Mah-Jong and more re-charge the brain's batteries.
- Yoga, Tai-Chi and Line Dance connect the mind to the body... strengthening both.
- Learning or re-learning a foreign language sharpens and refills the memory bank.
- Learning a new skill- computer use, billiards, knitting and more clears the cobwebs opens new doors.

... *now stretch!*

# 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.*

## Safe Driving for Seniors

*By Monique Bleriot, RN*

Safe driving for Seniors is a hot topic today. Driving has become more complex with more drivers on the road. People age differently with some people able to continue driving well into their 90's while others cannot. Changes in vision, hearing, mobility, reflexes, mental acuity; all affect driving and the ability to respond quickly. In addition, many medications can make one drowsy and impact driving.

It is sometimes difficult for seniors to admit that physical changes are developing over time. This is why it is important to stay alert to changes in your mind and body; and to have a trusted friend or relative with whom you can discuss these concerns.

Choose a car that is the right size for you and where you can easily reach the pedals. Drive in the slow lane if need be. Avoid eating, drinking, fiddling with the radio, or talking on the cell phone as these activities can lead to car accidents. Make the adjustments you need to stay safe and comfortable.

Some of the warning signs for elder drivers are decreased confidence while driving, running a red light or stop sign, difficulty with left turns, confusing the gas and brake pedals, and stopping in traffic for no reason. The Registry of Motor Vehicles has a department overseeing safe driving for Seniors. It offers a Safe Driving for Elders program for drivers 50 years and older. AARP also offers a Defensive Driving Program for drivers age 55 or plus. In addition, the rehab department at Newton-Wellesley Hospital can also perform a driving evaluation and then makes recommendations to the driver.

If you need to stop driving, it is a big lifestyle change. Discuss your alternatives with your health care provider and family and friends.



*See page 1 for information about the AARP Safe Driving Class being offered at the Newton Senior Center in July.*

## Tong Ren Wellness- East Meets West

Beginning June 3, Aaron Crawford, our Tai-Chi instructor will present a new program called "Tong Ren". Every Thursday from 11:00-11:45am, he will present this system of wellness therapy that has evolved from ancient Chinese medical practices.

Those practicing this gentle, non-invasive method of treating "what ails you" should continue their conventional (western) medical treatments and medications, as before. Tong Ren calls upon each individual's inner energy to help strengthen themselves and others. There is no special diet, no medications and no exercise. Positive energy does all of the work! Are you curious? Drop by and find out what this is all about. (\$2 donation suggested.)

## Our Houses and Our Dreams

*By Marian L. Knapp*

I have an intimate relationship with my house. This place with its straight walls and boxy windows supports and surrounds me with stability and comfort. It is small and sturdy – it suits me. I feel safe in this familiar house, knowing all the ins and outs of living here – the tucked-away spots where I can stay warm in the winter, how the sun shines through the back windows in the late afternoon, and the funny noise the pipes make when the washing machine is on spin cycle. I know what causes that sound and I know not to be afraid. It has taken me many years to understand this house well and I take care of it so that it will continue to shelter me. My house is full of memories, shaped by my perceptions of what happened here - the countless family events, gatherings of friends, and holiday celebrations. Objects clutter my space. Framed art-work on walls, photographs on tables, and old furniture that I inherited from people I love are all suffused with memories.

My house and the things that fill it up have become a complex entity. I have overlaid life-defining significance onto this structure and its contents. Some of this meaning reflects the phenomenon of the American Dream, which propelled people to strive for financial stability, educate children well, retreat from cities into suburbs, and own a home of one's own – a symbol of independence and self-sufficiency. So many of us did this and so many have stayed. Today, one-half of Americans 65 years and older live in the suburbs. Dreams about our houses become personal as we superimpose reveries about the past, present, and perhaps the future. In The Poetics of Space Gaston Bachelard says the “chief benefit of a house” is that it “shelters day-dreaming, the house protects the dreamer, the house allows one to dream in place.”

I often wonder how long I should stay in this house. My thoughts bounce randomly from one extreme to another. Maybe I should move to a place where I don't have to worry about shoveling in winter. Maybe I should stay and make arrangements for people to come in to deal with all contingencies. Maybe I should just wait and not create stress for myself right now. After all, I am still self-reliant. In my many talks with older persons like myself I find that I am not alone in these musings. All of us at this stage of our lives face these concerns and they can present momentous dilemmas about what to do.

Even if we think tentatively about different staying or leaving scenarios we are instantly confronted with daunting questions. If we want to move – where do we go? What situation will suit our needs and desired life-style? How do we fit our accumulated stuff into a smaller space? How will we meet people we like and trust? How do we pay for it? If we give our things away, who will remember their meaning?

For those of us who decide to stay there are different questions. How can we find people to maintain our houses – inside and outside? How can we arrange to have space for a live-in to care for us? Can our houses earn money to help pay bills? For those of us who want to wait and see - to stay “as long as possible”- the main question is when will we know that it is time for a decision? What must we consider in order to know when the end of “as long as possible” has arrived?

The decisions about whether we stay, move, or wait and see are as complicated as the lives we are accustomed to living. Just thinking about a potential decision makes us ponder what our houses mean to us and who we are as their inhabitants. It forces us to deal with the physical, social, and emotional involvement we have with the places in which we live, and to look at what's ahead.

The questions can be endless and intimidating. Just framing them can stop further thought. For myself, I have found that when faced with difficult deliberations the best thing to do is start with the mundane act of gathering information. Much of the time we are fearful of tackling dilemmas because we don't know the choices available to us. We don't know how to begin. Getting informed is a way to begin. It can lead to a decision, a new way of thinking, or nothing. It is up to us to decide how to use that knowledge.

*Marian L. Knapp, a 40-year Newton resident and caregiver of many elders, received her Ph.D. at age 70 after completing her dissertation on “Aging in Place in Suburbia”. She is a facilitator for community groups wishing to address and improve health /social issues at the local level. She is a Commissioner on the Newton Council on Aging.*

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**Anyone wishing to attend a focus group discussing this dilemma should call the center at 617-796-1660 and Marian will call you back. The first group is scheduled for Monday, June 7 at 1:00. (see page 12)**

The Senior Citizens Fund of Newton  
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## **Over 55 JUNE 2010**

[WWW.CI.NEWTON.MA.US/PARKS](http://WWW.CI.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 on mailing list.) Stanley Park, Westford- JFK Museum, Hyannis- Lighthouse Tour, Rhode Island- DeMilo's Floating, Maine- Theatre & Foxwood's Trips.
- **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.
- **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, 10-11a.m.
- **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!
- **Golf Lessons & League-** Discounted golf lessons offered. The Newton Senior Golf League meets Tuesdays at 9am, Commonwealth Golf Course. \$23- 9 holes, cart & greens fees. Beginners welcome.
- **Softball-** Contact John Stewart, Newton Senior Softball Association 617-969-0950 or [stewnewton@comcast.net](mailto:stewnewton@comcast.net)