

July 2008



“You’ve Got to Give Little, to Get a Little!”

What was once just a song has now become our mantra! The Newton Senior Center is more and more dependent on your donations to maintain and improve the programs and services it offers the community. We believe, “*You have to give a little to get a lot!*”

Not all programs and or services at the Newton Senior Center ask for donations.

- *Fee-based* programs that cover their own costs: Ceramics, Chinese Painting, Computer Education, Beyond Balance and Line Dancing.
- *Pay-as-you-go* programs: Duplicate Bridge- \$2, Bingo- 50 cents a card.
- *Services and programs* offered by our Social Service Department and other specialized groups. (SHINE, Boston College legal, Tax Preparation, etc.) *No fee or donation suggested.*

Most programs DO ask for a *donation*. We have strategically placed donation boxes on the walls of each room. *SUGGESTED* donation amounts are:

*Core Fitness Programs-\$2

*All others- \$1

This contributes to the larger fund that maintains the building and keeps the lights on while keeping it warm in the winter and cool in the summer.

The following statistics paint a picture of the level of *donations collected in the past budget year* from our “core fitness” programs that are funded in part through a grant.

<i>Aerobics- twice a week</i>	\$1,978.00
<i>Muscle Conditioning- twice a week</i>	\$1,571.00
<i>Yoga - 3 times a week</i>	\$1,485.00
<i>Grant amount</i>	\$6,100.00
	= \$11,134.00
<i>Actual cost -</i>	\$17,000.00

As you can see above, we are short \$5,866.00 on our “core fitness” programs. Each dollar you donate makes a little ripple that, combined with all the other donations, becomes a wave. Do not underestimate the value of your donation and please remember to “*give a little!*”

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***Please note changes to
Transportation System on Page 3***

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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



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 Bedigian	Lunch Site Manager
Mark Pincus	Assistant Lunch Site Manager
Joyce Cheng.....	Nurse... 617-796-1662
Monique Bleriot	Nurse... 617-796-1662
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM

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*For continued home delivery of your “Coming of Age” newsletter please re-subscribe by sending your \$10 to the Newton Senior Center. See payment form below. This subscription will run 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.

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Disclaimer- We thank the advertisers featured in this newsletter for their support. They make the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.

Getting Around



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 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 a waiver form. Acceptance of your waiver will enable you to forgo a contribution. Payment is required **BEFORE** vouchers will be sent,

★ **Make all reservations by calling 617-796-1288.**
If you have questions please call Alice Bailey at 617-796-1664.

"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.*

july gems

Learn to Parle Francais!

Mondays at 1:00, Ali Atri will teach beginners and others conversational French. Drop-in!
Suggested donation \$1

The Faces of History

History buffs and others... Wednesday, July 23, at 10:30am, join Charlotte Dooling for a discussion about "*General Robert E. Lee*". A \$1 donation is suggested.

Current Events & Speakers

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, July 10, 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.) A \$1 donation is suggested.

JULY BBQ!

The July BBQ will be held on July 30, 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 Newton Healthcare Center.

FABB Opens

Fit and Balanced Brain Center, FABB, is now open at the Newton Senior Center. During specified hours (see our calendar for days & times) the Library-Lounge (lower level) is your FABB Center. You can now play at sports and fitness activities while standing or sitting in front of our big screen TV, using our "*Nintendo Wii*". A volunteer will be available to assist you as you "get fit" and improve your balance! First come first served. Time limits will be in place if people are waiting. *We thank our friends at the Golden Living Center of Chestnut Hill for making this possible!* A \$1 dollar donation is suggested.

Wednesday Movies

Those movies you enjoyed on Saturdays have now moved to Wednesday afternoons at 1:00. See our calendar for film titles. See you in the Function Room! A \$1 donation is suggested.

Romance Languages

Italian language speakers are invited to drop-in and chat in the language of the ancients (Italian Conversation) on Thursdays at 2:45, following the *French Conversation* group that meets at 1:30. Come to the Library/Lounge on the lower level and make the world a little smaller! A \$1 donation is suggested.

Bridge Lessons are Back!

Beginners and others are invited to learn Bridge from a pro! Thursdays from 10-12. Drop-in!
A \$1 donation is suggested.

Lions Club BBQ

The Lions Club of Newton will hold its Annual Senior Citizen BBQ at the Auburndale Cove on Wednesday, July 9, at 5:30 PM. No charge for senior citizens, no tickets necessary!

July 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...

- *Golden Living Center of Chestnut Hill...* for our wonderful new Wii System in our FABB Center. (see page 4).
- *Newton Healthcare Center...* for our July BBQ.
- *Gloria Prince...* in honor of Bea Carp's Birthday.
- *Brenda & Peter Roberts...* in memory of Christopher Roberts
- *Joyce M. Spencer...* in appreciation of Jisela Bareto-Morales, Spanish teacher.
- *Iya Beggrovs* in appreciation of Tax Assistance.

For our grand Volunteer Appreciation Brunch:

- *Newton Healthcare Center*
- *West Newton Hearing Center*
- *Rotary Club of Newton*
- *Russo's* for supporting the Council on Aging Dinner

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

Tuesday, July 22 - 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!

When the temperatures soar it is a good idea to look for a cool place to wait out the weather.

- The Newton Free Library hours are:
Monday-Thursday, 9:00am-9:00pm
Friday- 9:00am-6:00pm
Saturday- 9:00am-6:00pm
- Local Malls
- Movie Theaters
- Neighborhood Coffee Shops

Health Matters

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
Clinic may be cancelled without prior notice.

HealthStop... Monday, July 14, at 10:30 See page 14

FIT Fitness into Your Life!

Mondays

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

Register by August 4, for session August 11 to October 6

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

pre-register by July 28- session begins August 4

(Strengthening exercises to improve balance)

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Mondays

CHAIR YOGA 2:00 pm

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Tuesdays & Fridays

AEROBICS 9:00am

MUSCLE CONDITIONING 10:30am

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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

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Thursdays

CHAIR YOGA 1:00pm

FLOOR YOGA 2:00pm

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



The Low-Vision Group meets the first Monday of each month, 10:00am (July 7)

Take Note!



SENIOR TRAVEL 8-BALL LEAGUE

Our travel billiards team has finished its season. This year we did not bring home the pennant but competed well in very close contests. Arlington won the American League title and Holliston was top in National League. With three wins and three losses Newton stayed in the middle of the pack.

Want to “cue up”? Play billiards at the center on Monday and Wednesday mornings or other times when the room is clear. League play will resume in the fall. Anyone wishing to join the team should contact Harry Wentzell through the Senior Center. ***Break!***

ALERT

*From the Newton-Brookline Consumer Office
(617) 796-1292*

“UNSOLICITED SALES CALLS FROM HEALTH INSURANCE COMPANIES”

If you receive a call from a health insurance company offering to sell you a policy for drug or other medical coverage, do not reveal or confirm any personal information. If the offer interests you, request a company brochure for review. Before making any commitment to purchase their services or allow a salesperson to visit you at home, consult with our SHINE representative. Also, if the company is offering a new Medicare D drug plan, call the Center for Medicare Services (CMS) at [1-800-633-4227](tel:1-800-633-4227) to verify this company is an approved Medicare D provider.

Medicare Covers Cancer Screenings

Taking advantage of Medicare’s Preventive Services

Screenings for cervical, vaginal, and breast cancers offer early detection. For those enrolled in part B, Medicare covers Pap tests and pelvic exams every 24 months for all women and once every 12 months for women at high risk. Under part B, Medicare covers mammograms for all women age 40 or older once every 12 months. To help your risk level, be sure you don’t smoke.

Prostate cancer is the second leading cause of cancer death among men in the U.S. If you have part B, Medicare covers the two most common tests to detect prostate cancer. Medicare covers one of each test every year for men with Medicare age 50 or older.

If you need help with any aspect of your health insurance, **SHINE** (*Serving Health Insurance Needs of Elders*) offers free counseling at the Newton Senior Center. Call for an appointment at 617-796-1660.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p align="center">1</p> 9-12 FABB Center Open 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Hot Dog Roast Beef & Swiss 1-Bingo 1 Film & Discussion 1 Tax Stimulus Appts 1:30 Swing Band	<p align="center">2</p> 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Art Studio 11:45- Lunch- Oven Fried Chicken Special Vic King- piano 1 Movie- “The Other Boleyn Girl” (PG) 1- Duplicate Bridge 1 FABB Center Open 1- SHINE	<p align="center">3</p> 9-12 FABB Center Open 10- Current Events/Speakers 10-12 Bridge Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Florentine Fish Ham & Cheese 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) 2:45 Italian Conversation	<p align="center">4</p> <p align="center">Center Closed for July 4 Holiday</p>	
	<p align="center">7</p> 9-12- Pool Cues 10 Line Dance (pre-register) 10 Low Vision Group 11:45- Lunch - Chicken/ Cream Sauce Roast Beef & Cheese 1 Beyond Balance 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 1 French Lessons 2- Yoga (chairs)	<p align="center">8</p> 9-12 FABB Center Open 9-10- Aerobics 10:30 Muscle Condition 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Roast Turkey Tuna Salad 1-Bingo 1 Film & Discussion 1 Tax Stimulus Appts 1:30 Swing Band	<p align="center">9</p> 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Art Studio 11:45- Lunch- Stuffed Salmon Chef Salad Vic King- piano 1 Movie- “The Astronaut Farmer” PG 1- Duplicate Bridge 1 FABB Center Open 1 Book Club (canceled) 1- SHINE	<p align="center">10</p> 9-12 FABB Center Open 10- Current Events/ Spkrs 10-12 Bridge Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Lasagna Chicken Pattie 12:30-2 Ald. Steve Linsky sees citizens 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) 2:45 Italian Conversation	<p align="center">11</p> 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditiong 10:30 Men’s Health Club 11:45- Lunch- Beef Bergundy Egg Salad Vic King - Piano 12- Chess Nuts 1-2:30 Drop-in Cptr Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	
	<p align="center">14</p> 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 HealthStop 11:45- Lunch - Breaded Fish/ Cheese Turkey/ Cheese 1 Beyond Balance 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 1 French Lessons 2- Yoga (chairs)	<p align="center">15</p> 9-12 FABB Center Open 9-10- Aerobics 10:30 Muscle Conditiong 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch BBQ Chicken Seafood Salad 1-Bingo 1 Film & Discussion 1 Tax Stimulus Appts 1:30 Swing Band	<p align="center">16</p> 10-12 Volunteer Apprec. Brunch (by invite only) 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Art Studio 11:45- Lunch- Swedish Meatballs Egg Salad Vic King- piano 1 Movie- “Ocean’s 13” 1- Duplicate Bridge 1 FABB Center Open 1- SHINE	<p align="center">17</p> 9-12 FABB Center Open 10- Current Events/Spkrs 10-12 Bridge Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Baked Ham Roast Beef/Cheese 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) 2:45 Italian Conversation	<p align="center">18</p> 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Condition 11:45- Lunch- American Chop Suey Chicken Salad Harold Kaswell- - Piano 12- Chess Nuts 1-2:30 Drop-in Cmpt. Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	
	<p align="center">21</p> 9-12- Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Beef Stew Ham Salad 1- NewsTalk 1 In Stitches 1 Scrabble 1 Mah Jongg 1 French Lessons 1-2 Beyond Balance (pre-register) 2- Yoga (chairs)	<p align="center">22</p> 9-12 FABB Center Open 9-10- Aerobics 10:30 Muscle Conditiong 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Cannelloni/ White Sauce California Chicken Salad <i>Dialogue w/ Director</i> 1-Bingo 1 Film & Discussion 1 Tax Stimulus Appts 1:30 Swing Band	<p align="center">23</p> 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Art Studio 10:30 Faces of History 11:45- Lunch- Chicken/Broccoli/Penne Roast Beef/ Cheese 1 Movie- “Georgia Rules” (R) 1- Duplicate Bridge 1 FABB Center Open 1- SHINE	<p align="center">24</p> 9-12 FABB Center Open 10- Current Events/Speakers 10-12 Bridge Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Chef Salad Seafood Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) 2:45 Italian Conversation	<p align="center">25</p> 9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Condition 11:45- Lunch- Baked Fish Turkey/ Cheese Vic King Piano 12- Chess Nuts 1-2:30 Drop-in Cmpt. Help 1 Chinese Ptg. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film	
	<p align="center">28</p> 9-12- Pool Cues 10 Line Dance (pre-register) 11:45- Lunch - Chicken Cacciatore Egg Salad 1- NewsTalk 1 In Stitches 1 Scrabble 1-Mah Jongg 1 French Lessons 1-2 Beyond Balance (pre-register) 2- Yoga (chairs)	<p align="center">29</p> 9-12 FABB Center Open 9-10- Aerobics 10:30 Muscle Conditiong 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Meatloaf Tuna Salad 1-Bingo 1 Film & Discussion 1 Tax Stimulus Appts 1:30 Swing Band	<p align="center">30</p> 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Art Studio 11:45- Lunch- BBQ (sponsored by <i>Newton Healthcare Center</i>) 1 Movie- “A Raisin in the Sun” 1- Duplicate Bridge 1 FABB Center Open 1- SHINE	<p align="center">31</p> 9-12 FABB Center Open 10- Current Events/Speakers 10-12 Bridge Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Roast Turkey Roast Beef 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats) 2:45 Italian Conversation	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>The Senior Center is no longer open on Saturdays</p> </div>	

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 tax 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
Rose Cusano, Betty Ann Squires,
Dorothy Horrigan,
Mildred Goldston & Mary Casavant*

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:
Volunteer Computer Teachers
Volunteers to assist our Low vision Group
(1st Monday of each month in the morning)
PLEASE
Call Joanne if interested at 617-796-1670.*

★ **PLEASE NOTE:** *The Newton Senior Center is no longer open on Saturdays. Our hours are Monday through Friday, 8:30-4:00.*

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... \$3 for remaining year. (Next cycle begins July 2009). Stickers are good in all city lots.

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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

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.



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)

Mondays... **Beginner French**, 1:00

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

Intermediate Spanish, 10:30-11:30

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

Thursdays... **French Conversation-** 1:30- 2:30pm

Thursdays... **Italian Conversation-** 2:45-3:45pm

Book Club

Will meet again August 13, 1:00PM, to discuss
"Animal Farm" by George Orwell



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 - Mah-Jongg & Scrabble & Bridge***
1:00-3:45... \$1 donation
- ***Monday, Wednesday- Pool Cues (Billiards)***
9-12 ...\$1 donation
- ***Tuesday & Friday BINGO*** 1:00-3:00...
50 cents a card -
- ***Wednesday- Duplicate Bridge***
1:00-3:45... \$2 donation
- ***Wednesday- Mah -Jongg Manners*** 9:30-11:30...
\$1 donation (*drop-in* lessons resume in August)
- ***Thursday - Bridge Lessons*** 10:00-12:00...
\$1 donation
- ***Friday- ChessNuts*** 12-3:45... \$1 donation
- ***Friday- Poker & Scrabble*** 1:00-3:45...
\$1 donation

Nurse's Notes

“Skin Health and the Summer Sun”

by Monique Bleriot, RN

It's summer... the time of year to be pro-active about sun protection to minimize damage to the skin and to prevent skin cancer. The rays of the sun are harmful and are known as ultraviolet (UV rays) and UVB rays. The ozone layer around the earth is no longer solid and does not offer the protection it once did; neither do cloud covers.

There are sun blocks and sunscreens to protect us. A block is a whitish cream and is often made of zinc oxide. It targets certain areas such as the nose, ears, and face. It blocks out UV rays and offers protection to the part that is covered. Sunscreens need to be applied a half an hour before exposure to the sun in order to be absorbed by the skin, and need to be re-applied after bathing. Sunscreens also moisturize the skin.

SPF stands for Sun Protection Factor. An SPF of 15 gives you two hours of protection, an SPF of 30 gives you four hours of protection. Wearing a hat and sunglasses, and drinking plenty of water is also critical on hot days for sun safety. If you spend a lot of time in the sun, you have an increased chance of developing skin cancer especially if there is a family history. If you have fair skin and eyes, and have lots of moles and freckles you are at greater risk, as well.

Check you skin frequently to assess for any changes. The symptoms of melanoma (skin cancer), include moles that bleed, change in color or height, have irregular borders, that itch or are painful, and also have a diameter that is larger than a pencil eraser. Skin cancer is the most common and treatable of cancers if caught early on. Prevention is the key. Call your physician if you notice any changes in your skin. Please contact the Public Health Nurses at 617-796-1420 with your concerns.

*Come to **HealthStop** at the Newton Senior Center on Monday, July 14, at 10:30am when nurses from the Department of Health & Human Services, will speak about the “Skin Health and the Summer Sun”*

USING PUBLIC TRANSPORTATION

As a result of changes in the Senior Transportation System (Department of Senior Services) and the continuing rise in the price of gas to fill your tank, we encourage citizens to use available public transportation. The New Senior Center has current schedules for the Public Bus System, Subway and Commuter Rail.

MBTA SENIOR PASS

Additionally, on **Friday, August 8, (12:00-3:45pm)** The Newton Senior Center will host a registration for MBTA Senior Passes. Please bring a photo ID. Individuals must come in person to register (photos will be taken at this time). These passes are for those 65 years and older and for disabled persons. They entitle the bearer to a discount when using the public transportation services of the Massachusetts Transit Authority.



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 July 11, at 10:30 a.m.*

The Dea(r)th of Primary Care (part 2): Too many P's in PCP

The growing demand for primary care providers (PCPs), fueled by our aging population and progress toward universal coverage, is clashing head-on with a projected inadequate supply. Why are fewer medical school graduates choosing primary care? Why are more established PCPs retiring early? Why do more than half of today's PCPs say that if they could decide again, they would pursue a different specialty?

Let's review the particulars that portend a paucity of primary care providers:

- **PRESSURE-** Physicians are under pressure to see more patients with shorter visits. In a 15-minute office visit, there simply is not time to deal with [1] one or more new patient complaints, [2] a review of previous test results, [3] management of a chronic condition like diabetes or hypertension, [4] discussion of recommended preventive measures such as colonoscopy or the new "shingles" vaccine, and [5] a brief social conversation. As a result, some issues will inevitably be overlooked, postponed, or mishandled. The risks of dissatisfaction for both patient and doctor continue to increase.
- **PAPERWORK-** One estimate is that about 8 hours a week are required to deal with paperwork for which there is no compensation. Seemingly endless forms to justify diagnoses, treatment plans, procedures, and medications are among the burdens, as is the threat of thousands of dollars in Medicare fines for a single error in documentation. Small wonder that doctors are often remaining in the office till 10 or 11 at night to catch up for the day. Many PCPs have worked these long hours for years, but the new generation of medical students are justifiably demanding more time to be with their families.
- **P.M.-** Physicians are traditionally not reimbursed for being on call nights and weekends, yet PCPs or a colleague must be available to their patients at all times. Moreover, being awakened at night to deal with an emergency leaves a doctor less alert the next day to manage the care of his patients.
- **PAY-** Financial considerations are one of the main deterrents to choosing primary care, where salaries can be drastically lower than for procedure-oriented specialties. For example, Medicare will pay a Boston PCP just over a hundred dollars for a 30-minute visit, but will pay a gastroenterologist more than four times that much for doing a 30-minute colonoscopy. Barring a last-minute reprieve from Congress, Medicare pay to physicians will be cut by 10.6 % as of July 1, 2008. When the cost of office rent and utilities, medical supplies, malpractice insurance, and staff salaries keeps increasing, doctors can ill afford salary cuts. In fact, growing numbers of physicians are closing their practices to new Medicare patients. (Another major deterrent for new graduates is that many are saddled with over \$100,000 in school loans when they begin their practices.)
- **PROFESSIONAL SATISFACTION**
The net result of these "too many P's" is that the role of the PCP is a high-stress, long-hour, low-pay proposition, with a future that looks like more of the same. Why tolerate such a prospect when your classmate who chose anesthesia has (a) paid-off school loans, (b) a million-dollar house, (c) 3 months vacation a year, and (d) no weekend call?



FROM THE DESK OF OUR SOCIAL WORKER

The Social Services at the Newton Senior Center can help you...

- Obtain in-home support services.
- Find resources to suit your needs.
- Talk with your family about long-term planning and making hard decisions.
- Obtain benefits to which you are entitled.

...and Provide counseling.

If you would like to make an *appointment* at the center or in your home, please contact Kathy (617-796-1663) or Meghan at 617-796-1672.



SUMMER FILM SERIES: ADULT CHILDREN AND THEIR PARENTS

One of the biggest challenges is parenting adult children. Since our life span has increased, parents have relationships with their adult children for 50 or more years. We often have both positive and negative experiences with our adult children. Wise are the parents who recognize that adult children still need parenting but in a different way.

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.

OVER 55 July 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- Cabot Park Village, Mondays, 2-4:00. Call Nancy 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. <i>New Walking Club</i> beginning, Tuesday & Friday mornings, call to register.
BALLROOM DANCE	Ballroom & Line Dancing- <i>Cool summer location</i> , Post #440, 295 California St. (starting July 10) Helen Murphy plays your favorites. \$2 donation.
PILATES	Pilates - Mondays & Wednesdays, 6-7pm at 545 Grove St., Lower Falls Community Center.
KAYAKING	Quick-start your kayak July 5, 9-12. Guided kayak trip July 12 9-12. Call for information and registration.
SENIOR TRIPS	Wednesday, July 23, Cape Cod Canal Trip . Wednesday July 30, Foxwood's Trip . Call to register. 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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