

july 2010

Happy Birthday to You!

Upon entering the Newton Senior Center at the main garden entrance you will note **changes** when you check in on the *touch- screen*. These require accurate records of individuals' birth dates. (These are kept strictly confidential.) This touch-screen computer records attendance so that staff can better plan for the needs and desires of the senior community based on preferred programs and apply for funds to support our programs. Those who do not have a swipe card to "check-in" with, can do it manually by touching the screen. The screen will ask for a birth date to confirm the identity of the user. There are many more duplicate names than we would ever have imagined!

Many people already in the system do not have birthdates recorded and this makes confirmation impossible. Please see any staff person about entering your correct birth-date into our system. If this is your first visit here you will need to fill out a form with your information to be entered into our system. This is painless and quick! Our receptionist will be happy to give you this form,

... *and by the way, Happy Birthday!*

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 11:00 am 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.

Self- Defense Program

*Pre-register/prepay
for August-September (8-weeks)
See bottom of page 5 for details.*

Newton Senior Center HEALTH FAIR

Wednesday, July 28

1:30-4:00pm

***Information for Healthier
Tomorrows!***

Representatives of the many health related service providers in the Newton area will be available to the public.

*Refreshments provided
By Whole Foods of Newton*

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 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*

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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
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

To subscribe to the “Coming of Age” newsletter please send 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

★To receive the newsletter by e-mail... and to receive e-mail information updates please register your e-mail address on our website at: www.newtonseniors.org

The Senior Center Email list is administered by the Newton Senior Center. It is intended primarily to deliver the monthly newsletter to subscribers although we may offer important emergency updates to the members of the list. Frequency of the newsletter is once each month.

Getting Around

“Senior Transportation Services” ★

For *Newton Residents 60 years and older

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

- **Transportation to Long-term Care Facilities**- in Newton, 8-5., Monday-Friday. 2 visits per week.
- **Transportation to Houses of Worship**-in Newton on days and times when services are scheduled.
- **Medical Transportation** - to medical appointments in Newton and specific destinations beyond.
- **Transportation** to certain “Adult Day Health” locations outside of the city. Monday - Friday 8-5.
- **The Shopper's Service**- weekly marketing. Reservations on 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. 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.

july jewels!



Musicians Welcome!

The *Newton Senior Center Swing Band* plays your favorite tunes, old and new, every Tuesday afternoon at 1:00. This group of joyful musicians welcomes new members to jam and jazz with them. There is always an extra chair waiting. Vocalists are invited to “make beautiful music together”. Pack up your instrument and drop-in.

***Low-Vision Group** -Low-Vision Group, sponsored by the Vision Foundation, meets on the first Monday of each month at 10:00, Find support and friendship. Due to holiday, July 12th is next meeting.

***BBQ!** - A BBQ will be held at the Newton Senior Center on Wednesday, July 7. We thank our sponsor, The Village Bank, 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 Barry O’Toole duo.

Learn to SKYPE!

The future has arrived and your computer is your key to unlocking its secrets. Learn how easy it is to speak to people all over the world and see them at the same time. *YES*, it is the “picture phone” of science fiction! Please pre-register (617-796-1660) for this special program on July 8 at 10:00am.

Current Events/ Speakers

This group meets every Thursday at 10:00am, throughout the year. There is a lively current events discussion on each week with a speaker scheduled for the last meeting of each month. The speakers suspend for the months of June, July and August. If you have an opinion (about almost anything!) or want to hear what others are thinking, Drop-IN!

Alderman, Stephen Linsky- Alderman, Stephen Linsky will see citizens at the Newton Senior Center on Thursday, July 8, at 8:30am. No appointment necessary.

War Chronicles Film Series

Every Friday morning from July 9 to August 20, 10:30-11:15am., we will show a segment of the film series, “War Chronicles”, starting with *The Greatest Conflict* up through *The Battle of the Bulge*

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...

Tong Ren Wellness- East Meets West

Aaron Crawford, our tai chi teacher, will present a new program called “Tong Ren”, every Thursday from 11-11:45am. This system of wellness therapy evolved from ancient Chinese medical practices, is gentle and non-invasive. 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.)

Creative Arts Classes Offered

See page 13 of this issue to learn more about our Ceramics and Chinese Painting classes, and Art Studio Workshop hours. Let your creative spirit soar!

Self-Defense Course

Louise Carbone will offer an eight-week course in self-defense, August 4-September 22. Pre-registration/pre-payment (\$40) **must be received by July 21**, to insure enough students to make the class viable. Louise will be presenting practical strategies for self-protection, regardless of stature, age or physical strength. Let Louise help you to maintain your personal independence by learning to protect yourself.

Wednesdays, 1:00- 2:00

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

*Many Thanks for your
generous donations*

- ~~~~~*
- *The Village Bank for sponsoring our July Barbeque.**
 - *Jewish Family & Children's Service for sponsoring our Volunteer Appreciation Ice Cream Social.**
 - * Cabot's Ice Cream for providing the Ice Cream for our Volunteer Appreciation Ice Cream Social.**
 - *Goddard House of Brookline for gifting us with a new BBQ Grill.**
 - *Cabot Park Village and Rockland Trust for sponsoring a June Jazz Concert to benefit the Newton Senior Center.**
 - *Whole Foods of Newton for providing refreshments for our Health Fair.**

*Gloria Prince in honor of Bea Carp's Birthday.
Bea Carp in honor of the birth of Joanne Fisher's grandson, Zachary.
John Vacarro, in memory of Gene Faucher.
Paul Cohen, in honor of George Buffington.*

*In memory of Herbert Cohen, father of former Mayor David Cohen,
Jayne Colino Alice Bailey Joanne Fisher
Kathy Laufer Lindsay Carlson Lynn Feinman Adele Hoffman*

*In Appreciation of the Newton Senior Center
Lee Saris Elena Warren Buena Pearlman*

*The Newton Senior Center
regrets the passing of dear friend Gene Faucher*



New Computers Have Arrived!

New computers will be installed this month in our computer teaching rooms and public access computer space. These were purchased with the kind and generous donations to our Memorial and Honor Fund. These donations are listed monthly in the space above and we once again thank all of those who have made this fund grow!

***Senior Center Music**

- *Every Wednesday & alternate Fridays -Lunch-time Piano with Vic King*
- *Tuesdays 1:30... Newton Senior Center Swing Band*
Drop-in to play along or just listen!
- *Wednesdays, 9-10:30am-*
The Newton Senior Chamber Music Ensemble
(suspended for the summer)

STABLE

Stand Tall & Be Lively & Energetic”

The Newton Senior Center...where friends get fit!

- **Aerobics**- Low-impact exercise. Twice a week. Suggested donation \$2. Drop-in
- **Beyond Balance, Monday** - Strengthening exercise. *Pre-register/pre-pay, 8 weeks/ \$40.*
- **Muscle Conditioning**- Muscle toning. Twice a week. Suggested donation \$2. Drop-in
- **Line Dancing, Monday** - *Pre-register/ pre-pay, \$40/ 8 weeks.*
- **Tai-Chi**- Suggested donation \$3. Twice a week. Sponsored, in part, by Newton/Wellesley Hospital. Drop-in.
- **Chair Yoga**- Twice a week. Suggested donation \$2. Drop-in.
- **Mat Yoga** -Suggested donation \$2. Drop-in

PLEASE NOTE:

PRE-REGISTER PRIOR TO START OF NEW SESSION-“at least one week before 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.

Line Dancing

Don't be a couch potato! You too can “Dance with a Star”. Manny Correia teaches line dance at the Newton Senior Center every Monday at 10:00 am. He has been doing this for 30 years and his “line” of dancers, gets better all of the time.

Line dancing does not require a partner or special shoes. Just bring the spirit of fun and a willingness to try something new.

Please pre-register for this program with Joanne. (\$40 for 8 weeks) Eight-week sessions run consecutively. Take a (one time) trial class for \$8 and *let the music move you!*

***NO class July 28**

“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.**

Donut Hole \$250 Check Scam

Please know that “Any Medicare beneficiary who reaches the donut hole is automatically eligible to receive a rebate of \$250. The elder’s drug plan will contact CMS directly when this threshold is reached; CMS will issue the \$250 check directly to the senior during the next quarter. **There is NO application process; there are NO phone calls associated with the issuance of this check!** Any contact/s, or attempted contacts, should be immediately reported to CMS (1-800-MEDICARE; 1-800-633-4227) and local police. *Courtesy of Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD on behalf of the SHINE program.*

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Newton Senior Center and ask for an appointment with a Certified SHINE Counselor. Appointments are available on Tuesdays, throughout the year. 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.

Learn to Use 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.

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 are good in all city lots, but never on the street! Stickers are valid June 2009-June 2011. The first year of the cycle ends June 30, dropping the fee to \$3 for stickers purchased now, that are only valid for 1 year, ending June 2011.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Computer lessons are individually scheduled and will not appear on this calendar.</i></p>			<p>1</p> <p>10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 10:00 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Grilled Burger SPECIAL 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>2</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30- Muscle Conditioning 11:45- Lunch- Creole Fish Chicken Pattie 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p>5</p> <p>Center Closed for Independence Day Holiday</p>	<p>6</p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:00 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch American Chop Suey Egg Salad 12-4 SHINE Appts. (canceled) 1-3:30 Video Discussion Series 1 Bingo 1:30 Swing Band</p>	<p>7</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- BBQ (see page 4) sponsored by The Village Bank Music by Barry O'Toole Duo 1 Movie -"Invictus" 1 Duplicate Bridge</p>	<p>8</p> <p>8:30- Alderman Stephen Linsky 10- Knitting 10-SKYPE- pre-register 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 – Pot Roast Seafood Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>9</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30-11:15 War Chronicles Film Series 10:30- Muscle Conditioning 11:45- Lunch- Sweet/Sour Chicken Turkey/Cheese 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p>12</p> <p>8:45-9:45 Tai C hi 9-Pool Cues 10 Low Vision Group 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Meatloaf California Chicken Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p>13</p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:3=00 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Cold BBQ Chicken Tuna Salad 12-4 SHINE Appts. (canceled) 1-Bingo 1-3:30 Video Discussion Series 1:30 Swing Band</p>	<p>14</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Roast Turkey Roast Beef/ Cheese 1 Movie- "Shutter Island" 1- Duplicate Bridge (Volunteer Ice Cream Social w/ Entertainment- By Invitation only!) 3:00-5:00pm</p>	<p>15</p> <p>10- Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:00 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Baked Haddock Peppercorn Turkey & Mozzarella Cheese 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>16</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30-11:15 War Chronicles Film Series 10:30- Muscle Conditioning 11:45- Lunch- Stuffed Shells Ham/Swiss 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p>19</p> <p>8:45-9:45 Tai C hi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Creamy Italian Chicken Roast Beef/ Swiss 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 Focus Group 1 NewsTalk 2- Yoga (chairs)</p>	<p>20</p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:00 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Hot Dog Turkey/ Cheese 12-4 SHINE Appts. 1-Bingo 1:30 Swing Band</p>	<p>21</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 10-3 AARP Driving Class 11:45- Lunch- Ratatouille w/ WhiteRice Egg Salad Plate Vic King- piano 1 Movie-5 Minutes of Heaven 1- Duplicate Bridge</p>	<p>22</p> <p>10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 10:00 Bridge Lessons 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Meatball Sub Tuna Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>23</p> <p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30-11:15 War Chronicles Film Series 10:30- Muscle Conditioning 11:45- Lunch- Macaroni/ Cheese Chicken Salad 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p>26</p> <p>8:45-9:45 Tai C hi 9-Pool Cues 10 Line Dance (pre-register) canceled 10:30 French Lessons 10:30 Parkinson's Support Group(Pre-register) 11:45- Lunch - Beef Stew Breaded Chicken Pattie 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p>27</p> <p>9-10- Aerobics 9-10 Beginner Spanish 10:00 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Cheese Lasagna Cottage Cheese/ Fruit Plate 12-4 SHINE Appts 1-Bingo 1:30 Swing Band</p>	<p>28</p> <p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Turkey, Broccoli, Penne Chef Salad Vic King- piano 1 Movie- canceled 1- Duplicate Bridge</p>	<p>29</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 – Chicken Cordon Bleu Tuna Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>30</p> <p>9-12 Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10:30-11:15 War Chronicles Film Series 10:30- Muscle Conditioning 11:45- Lunch- Salmon Boat Turkey/Cheese 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
<p>Health Fair 1:30-4</p>				

The Senior Center & Beyond

Seeking Heat Relief?

When the real heat hits the Newton Public Library is your heat relief center. It is always cool during regular operating hours:

Monday- Thursday, 9:00-9:00

Friday- 9:00-6:00

Saturday- 9:00-5:00

330 Homer Street, Newton , MA



Join... Jayne Colino,

*Director, Department of Senior Services for a
"Dialogue with the Director"*

(canceled for July- August date , to be announced)

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

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 617-244-1404x231or

Visit our website at 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.

Boston College Elder Legal Services

During the summer months there are no legal appointments scheduled at the Newton Senior Center.

They will resume in the Fall. If you wish a

consultation before this you may call the office

directly at, 781-893-4793. (The office is located on

Crescent St, Waltham.)

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



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

"The WOODSHOP"

Create... Repair... Enjoy...

Some experience necessary. *Interested???*

Call Frank at 617-244-1969

...from the desk of our Social Worker

HOME CARE OPTIONS: WHAT DO I NEED?

Many seniors find that at one time or another, they require some assistance at home. Whether returning from the hospital, recovering from an illness, or having difficulty with a particular task, seniors and their families may consider having someone come into the home to assist them. There are different levels of help available – offering a range of health and home care services. Some services may be paid for by health insurance; some may be provided free of charge to financially eligible seniors; or some can be paid for privately.

The first question is what type of help is needed. When you leave the hospital or a rehab, the doctor or professional staff will discuss what care you might need at home. If you require skilled services (nursing, physical, occupational or speech therapy) at home, your health insurance will pay for them for a brief period of time. If you want to continue the services beyond what your insurance will cover, then you can private pay. Below are some definitions for the various types of home health and home care services:

RN (Registered Nurse) – has at least two years of training and is licensed by the state. RNs can provide skilled nursing care such as wound care, providing injections or other medical needs. A physician (or primary care provider) usually orders this service.

LPN (Licensed Practical Nurse) – has at least one year of training; is licensed; and is usually supervised by a RN.

CNA (Certified Nurse Assistant) – has a minimum number of hours of training. The CNA is supervised by a licensed nurse and may be able to perform certain nursing functions. The Commonwealth of Massachusetts registers CNAs.

HHA (Home Health Aide) – provides assistance with activities of daily living such as bathing, dressing, feeding and ambulation.

PC (Personal Care) Attendant – helps people with disabilities perform activities of daily living. Attendants (or Assistants) do not have any medical training.

Homemaker – helps with light housework, meal preparation, laundry, etc. Homemakers do not do personal care.

Friendly Visitor/Companion - provides company and companionship to people who are homebound. In many cases this is a volunteer position administered through Springwell, non-profit organizations, churches or community group.

Springwell [formerly West Suburban Elder Services] has income eligibility guidelines for many of their services, such as Personal Care/Homemaker. To see if you qualify, call (617) 926-4100.

★ *For information about local service providers, call the social service staff at 617- 796-1660 or go online to www.newtonseniors.org to access a Directory of Services.*

Melissa Sorrell-Kimble, our social work intern from Simmons College, will be leaving at the end of July. We have enjoyed having her here this year and wish her well as she moves on to her next placement. We are fortunate to be chosen as a teaching site for graduate students in social work.

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

July Focus Group Discussion

Many older people say they would like to stay - in their home for "as long as possible". Come talk about this topic on **Monday, July 19, at 1:00pm**. Pre-register 617-796-1660. Share your thoughts to build an *even more livable* community, a space to "age in place".

Senior Home Safety Check

One way to stay in your home "as long as possible", is keeping it safe. The Newton Rotary Club, the Newton Fire Department, and the Newton Police Department, and the Newton Department of Senior Services are offering a Home Safety Check program. Home visits to seniors in Newton will include complete safety checklists, and recommended adjustments/items to increase home safety. (Ex: Batteries for smoke detectors, double-sided tape for scatter rugs and large house numbers, etc.) To arrange for a visit, call Lynn Feinman at the Newton Department of Senior Services at 617-796-1675. Visits will be scheduled on a first-come first-served basis.

Contractor Referral list NOW Available

For a list of pre-screened contractors, please call Lynn Feinman, Aging in Place Projects Manager, at the Newton Senior Center. Find plumbers, electricians, handymen, etc. *Reach Lynn at 617-796-1675, 12:30 to 4:00pm, weekdays.*
This service made possible by Springwell

Home Safety - Don't Become a Victim

By Officer Eric M. Rosenbaum Elder Affairs Officer Newton PD
Tips to keep you from becoming a victim of crime in your home. Be sure *your house number* is visible from the street. This helps emergency personnel when responding to a call. Be sure *your locks* are in working order and ALWAYS lock your doors and vehicles. Theft can happen to anyone! It is a crime of opportunity. Have *shrubbery trimmed* to the window line so that you can see your property from the inside. Have *motion lights* outside to alert you that someone has come onto your property. Going away? Have a trusted neighbor check your home and hold your mail / newspapers during that time. *Stopping delivery is NOT recommended.* The Newton Police are always here to answer your questions. You can reach the Elder Affairs Officer at 617 796-3660 or at the main number of 617-796-2100.

"Brain Ticklers"

"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

Express Yourself!

(\$1 donation unless a pre-pay program)



- *NewsTalk-* Mondays, 1:00- Current events discussion.
- *Fine Arts Studio Workshop-* Wednesdays, 9:30- 11:30
- *Knitting Circle -*Thursdays, 10-11:30.
- *Ceramics-* Thursdays, 12:30-3:45. \$40 for 8 weeks
- *Current Events & Speakers-* Thursdays, 10-11:30
- *Chinese Painting-* Fridays, 1:00. \$35 for 8 weeks



Playing Games!

- *Pool Cues (Billiards)-* Monday, Wednesday, Friday- 9-12:30
- *All Games-* Monday -1-3:45
- *BINGO-* Tuesday & Friday 1-3 (50 cents a card)
- *Bridge Lessons-* Tuesday- 10:00-11:30
- *Duplicate Bridge-* Wednesday- 1-3:45 (\$2 at door)
- *Thursday- Bridge Lessons* 10:00-11:30
- *All Games-* Thursday- 1-3:45
- *ChessNuts-* Friday- 12-3:45
- *Poker & Scrabble-* Friday- 1-3:45

Would you like to volunteer to lead a group in a foreign language or writing?

Do you have a hobby or a skill to share?

Please contact Joanne at 617-796-1670

to explore the possibilities!



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.*



Tick Bite Symptoms

(from an article in EMedicine Health, internet site)

Tick bites are generally painless. Deer ticks that transmit *Lyme disease*, are so tiny they are nearly undetectable; as small as the period at the end of a sentence.

Symptoms may appear only after the tick drops off. Local redness, itching, burning, and rarely, localized intense pain (soft ticks) may occur. Illnesses transmitted by ticks often begin days or weeks after the tick is gone. It is important to tell your physician about a tick bite as he/she might not consider this diagnosis, otherwise. Also, mention if you have been outdoors (camping, hiking, etc.) in tick-infested areas even if you do not remember a tick bite.

After a tick bite, individuals *may* develop any of these symptoms: fluelike feelings, fever, numbness, rash, confusion, weakness, pain and swollen joints, palpitations and nausea and vomiting. These symptoms can be diagnosed as other conditions and therein lies the difficulty. A simple blood test can be done to diagnose Lyme disease.

Seek Medical Attention if: The person bitten by a tick exhibits any weakness, lethargy, confusion, fever, numbness, headache, or rashes or if the tick cannot be removed.

Prevention: Try to stay out of woodlands and brush areas where the tick thrives, especially during the peak season of summer and early fall. Wear garments that will create barriers to the tick attaching to the skin and biting. Tuck your pant legs into your socks so ticks cannot easily crawl above the sock line, and wear light-colored clothing to better identify ticks. The application of the insecticide DEET (low-concentration preparations are recommended) to clothing and skin.

You should inspect all areas of your body after outdoor activity. Ticks attach to areas that are warm and moist: the groin, the armpits, the underside of a woman's breasts, the neck and hairline.

If you see a tick, promptly remove it. This greatly reduces the likelihood of an infection.

Disinfect the bite site thoroughly with alcohol or other skin antiseptic solution.

Watch for symptoms, which usually show up in about three weeks.

Antibiotic Treatment: Treatment of tick bites within 72 hours of a bite with a single dose of doxycycline has been reported to prevent Lyme Disease. You should discuss this with your doctor.

“Aging in Place....*Getting from Here to There*”

By Marian L. Knapp

Lately, I have been thinking about how I get from one place to another. Those who plan systems for moving people around call it transportation. I, however, as an individual aging-in-placer, don't think “big” about “transportation”; I think “small” about how I can get from here to there. Usually, I go places with some specific goal in mind and, if I really planned it, I could probably get a lot of what I need by walking. I live .36 miles from a CVS where I can buy shampoo; .50 miles from the Village where I can get a loaf of bread; and about 1.5 miles to the library where I can pick up a book, but I drive almost everywhere because it is easy, fast, and what I have become accustomed to as a resident of suburbia.

Underlying all of these getting-around musings are two profound issues. The first revolves around the complexity of my life. The second (and related to the first) is about what will happen in the future if I cannot walk much or drive. I do like to think about, and thoroughly delight in my life's complexity, with its lush composition of family, friends, community, and culture. I don't like to think about not driving. Driving is the thing that keeps me connected to the multiple, rich pieces of my being. It is a cornerstone for maintaining freedom to create the milieu that best fits who I am and want to be. Thoughts about not driving create dread at the potential loss of connections to those pieces but, more importantly, the independence simply to be myself.

I can only speculate about this challenge because I am lucky to be able to walk to the T (.33 miles) or drive to a museum. To really understand what happens to someone whose walking has become limited and who has been forced to stop driving, I talked to my dear, very long-time friend Susan, who I knew would be candid about what happened to her. “The realization that I had lost the body that I knew came gradually.” she said. “For the first few months after the surgery, it didn't matter that I had to rely on other people. But, after a while, I began to have that helpless feeling that I was stuck in a cage and the way out had been taken away from me.”

Susan's husband was very willing to drive her places but she was loath to rely on him and others for simple things like picking up fruit, or getting a hair-cut. “I always considered myself an independent person. I could get in my car and do what I wanted – it was part of who I was. I was defined by my job, my good health, my physical activity. My independence was part of my strength. That is all gone. I slowly understood that the woman I used to be was not the person I am now. I am beginning to accept it, to live with it, but it feels rotten. Every morning I wake up thinking that it will be the way it was before, but it doesn't happen.”

When Susan and I have dinner together after a movie, I still see the same person who is extraordinarily observant, has an astute sense of humor, and is passionate about societal issues. It doesn't matter how I experience being with her, it is how she feels about herself. “Yes,” she says, “the basic person is still there but those vital, defining peripheries of my life are getting smaller or disappearing. When you get older and have lost physical strength, you become dependent on others. You get used to it over time, but a part of my life has ended.”

We suburbanites are particularly prone to this thorny aspect of aging in place. Ironically, we have set ourselves up to face a cruel dilemma. We moved to the suburbs to be away from the noisy city, raise our kids in a secure environment, strive for upward mobility, and live in privacy within the walls of our separate homes. These elements are the underpinnings of the American- Dream notions of self-sufficiency and independence. Paradoxically, losing independence at an older age collides - sometimes abruptly - with our life-long, in-grained perceptions of who we are as individuals and as a culture.

I do not have an answer to this dilemma but getting older and losing physical capabilities will likely happen to most of us, albeit at different times in our aging process. A little anticipatory research might be a good thing to do. We can talk to friends, contact our church or synagogue to see what is available, and call the Department of Senior Services (617-796-1660). They can all help us begin to figure out how to *get from here to there*.

Marian L. Knapp, a 40-year Newton resident and care-giver 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 and social issues at the local level. She is a Commissioner on the Newton Council on Aging.

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Newton Department of Parks & Recreation Over 55... JULY 2010

WWW.CI.NEWTON.MA.US/PARKS CLICK ON "OVER 55" or

call Nancy at 617-796-1506

- **JulyDay Trips-** Lighthouse Tour, Rhode Island, lunch (\$60) July 28, Foxwood's Scholarship Trip.
- **Cards & Cribbage-** Cribbage (Mondays) 9:30-4, Cards, (Thursdays) 11-4, Scandinavian Living Center.
- **Ballroom Dance-** Post #440, 295 California St., , Thursdays, 1-3:30p.m.- \$2 donation.
- **Pilates-** Wednesdays, 6:15-7:15p.m.Scandinavian Living Center, 545 Grove St. Call to register.
- **Aerobics-** Tuesdays & Thursdays, 6:15-7:15p.m. Lower Falls Community Center, 545 Grove St.
- **Tap Dance-** Some experience required. Mondays at Lasell College, 10-11.
- **Pickleball-** Call to try something new! (Like badminton or tennis)
- **Tennis-** Wednesday & Friday mornings, 8-10am. Warren Courts.
- **Jazzercise-**Lasell College, Thursday mornings, 9am. First class FREE!
- **Golf Lessons & League-** Discounted golf lessons offered. Beginners welcome.
- **Softball-** Contact John Stewart, 617-969-0950 or stewnewton@comcast.net
- **Biking -** Bikes meet at Forte park, Thursdays, 10am for 10 mile rides
- **Kayaking-** Meets several times during the summer. Call for information.
- **Bocce-** Cabot Field, Mondays, 2:00-4:00.
- **Summer Aquatics-** Gath Pool Exercise- Monday-Friday.

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