

august 2010

Published Monthly- Volume III- Issue #8

The Mellow Month!

August is the mellow month. The warm breezes remind us that they are here only briefly and the sweet smell of summer is fleeting. In August, we try to keep all of those “summer” promises we made when the snow is fell and the skies were gray.

This is the time when we diligently weed the garden, drink in the warm sunshine and stay outside for that extra hour in the cooling evenings. This is the time to see those friends and neighbors who go into hiding, or flee the state, for the winter. In August we cheer the Red Sox or lament a season gone bad. In August we are reminded why we love New England.

August is also the time to begin planning for Fall activities. In this issue of our newsletter please note the new and returning programs and services available through the Department of Senior Services/ Council on Aging/Newton Senior Center.

As you sip your lemonade and recline in your beach chair, look ahead. September is calling!



Are You a CARD Carrying Member of the Newton Senior Center?

Now that you have entered the center and given us the information we need to place you in our system, you need to pick up your card at the reception desk. (Main “Garden Entrance” at rear of building) It can take a week or so for your card to be generated and then all you need do is... enter the building, “swipe in” and enjoy the programs and services available to you.

Lost your card? Let us know and we will show you how to check-in manually until a new card is created. With each swipe of a card you are helping us to serve the community in better and more far-reaching ways.

Thank you.

Learn to Use a 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 and 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.

*Our building is wireless
for your convenience.*

BOWL the Modern Way!

The Newton Senior Center will be starting a “Wii Bowling League” in late September. If you are interested please sign-up with our receptionist and you will be contacted with details prior to the start date (to be announced). Bowling can be done standing or seated and will take place right here at the center! Have a “*virtual*” good time while you get fit.

**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
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

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.

mellow august

PD- Parkinson's Disease Support Group

The Newton Senior Center has a new PD Support Group meeting the last Monday of each month, 10:30-11:30. It is led by a retired physician and PD patient. The Massachusetts Chapter, American Parkinson's Disease Association sponsors this group. Please pre-register if you wish to attend.

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*.

***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. (August, 2.)

***BBQ!** - A BBQ will be held at the Newton Senior Center on Wednesday, August 4. We thank our sponsors The Golden Living Center of Chestnut Hill and Golden Living Center, Chetwynde, 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.

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, August 5, at 8:30am. No appointment necessary.

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!

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 instructor, presents "Tong Ren", every Thursday from 11-11:45am. This system of wellness therapy evolved from ancient Chinese medical practices, is gentle and non-invasive. No special diet, no medications and no exercise... positive energy does all of the work! Drop-in! (\$2 donation suggested.)

Fall Forecast

The forecast calls for busy days at the Newton Senior Center with new programs and special opportunities popping up everywhere! Below is just a taste...

- **Weekly Writing Workshop** on Wednesdays at 10:00am. (*pre-register*)
- **Monthly Short Story Discussion** on last Thursday of each month. (*pre-register*)
- **Virtual Bowling League** starting late September.
- **Holiday Craft Gift Workshops** starting in October.
- **Chamber Music Ensemble** returns for Wednesday morning open rehearsals.
- Watch for our **Aging in Place Fair** scheduled for late September.

MassEDP... providing telephones for people with disabilities will be holding appointments at the Newton Senior Center. (A completed application & residential phone service required.)

For an appointment call 1-800-300-5658.

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

*The Newton Senior Center
regrets the passing of dear friends
Azalia Montilla & Roy Parsons*



Many Thanks for Your Generous Donations

*In memory of Roy Parsons,
father of Jayne Colino,
Department Head for Newton Department of Senior Services*

Buena Pearlman
Doris Lelchook
Vera & John Wood

Bea Carp
Ena Lorant
Pearl Rosenthal

Mary Simms
Pat Correa

Louise Hauser
Marcia Kaufman

MCOA- Massachusetts Councils on Aging

Angela Donovan, *in honor of Bea Carp's Birthday.*
Ethel Newfield, *in memory of Lillian Rubin.*

***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
(returning in September!)

Your Trash is Our Treasure!

As a new season approaches it may be time to do some clearing out. We welcome your treasures for our store. We love knick-knacks, costume jewelry, yarn, etc. **SORRY, we do not accept** appliances, furniture, clothing and broken items. Just drop your donations at the center and we will find them a proper new home. All proceeds benefit the programs and services of the Newton Senior Center and we thank you for your support,

...and come shop. You never know what you may find!

STABLE

Stand Tall & Be Lively & Energetic”

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

Fitness Program Menu

- **Aerobics**- Low-impact exercise. Twice a week. Suggested donation \$2. Drop-in
- **Beyond Balance** - Strengthening exercise. *Pre-register/ pre-pay, 8 weeks/ \$40.*
- **Muscle Conditioning**- Muscle toning. Twice a week. Suggested donation \$2. Drop-in
- **Line Dancing** - *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 “at least one week”
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.

Schedule for Registration for Pre-Register/Pre-Pay Classes

- **Beyond Balance**- 7/ 19 - 9/ 13
(Skip week) 9/27 - 11/15 (register by 9/10)
- **Chinese Painting**- 6/17-8/6
8/13-10/1 (register by 8/6)
- **Ceramics**- 7/15-9/2
9/9-10/28 (register by 9/2)
- **Line Dancing**- 8/16-10/11(register by 8/9)
- **Computer Classes**- Individually scheduled.

See Joanne Fisher, Program Coordinator to register.

“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.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Newton Senior Center for an appointment with a Certified SHINE Counselor.. To reach a SHINE Counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and number, and a SHINE Counselor will return your call.

Helpful information about Medicare and Medicaid appears in this column, monthly, beginning again in September.



Volunteer Accomplishments

July 2009-June 2010

The almost 200 volunteers who give so much to the Newton Department of Senior Services/ Newton Senior Center/ Newton Council on Aging were honored this July at the Annual Volunteer Appreciation Ice Cream Social.

Some of their accomplishments for July 2009-June 2010 are listed here:

1. \$7,200 was earned, thanks to crafters, donors, volunteers.
2. 8,500 lunches were served.
3. 225 SHINE appointments were held.
4. 278 tax forms were completed.
5. 69 people were taught computers.
6. 40 people learned a foreign language.
7. 69 people were led in current-events discussions.
8. 21 people learned to play Bridge.
9. 94 were organized to play Duplicate Bridge weekly.
10. 20 were served by the Low Vision Support Group.
11. 14 crafters attended knitting group and made items for our store.
12. 10 musical concerts were performed by our music groups.
13. 90 lunch piano concerts were performed for our lunch crowd.
14. Administrative & Reception support kept the wheels turning.
15. Games & tournaments were played year round.
16. Special Events were VERY special!

We salute all of our volunteers for leading, teaching, guiding, organizing, setting-up, cleaning up and so much more!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>8:45-9:45 Tai Chi 9-Pool Cues 10 Low Vision Group 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Macaroni/Cheese Egg Salad 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</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 Breaded Fish/Cheese Roast Beef/ Cheese 12-4 SHINE Appts. 1 Bingo 1:30 Swing Band</p>	<p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- BBQ <i>(see page 4) sponsored by Golden Living Centers- Chetwynde & Chestnut Hill Music by Barry O'Toole Duo</i> 1 Movie -"Henry & June" 1 Duplicate Bridge 1 Self Defense (pre- register)</p>	<p>10- Knitting 10:05- Current Events/ Speakers 10:30- Mandarin Chinese Group 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – BBQ Chicken Chicken Caesar Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>9-12- Health Clinic 9-10 Aerobics 9-12:30 Pool Cues 10 War Chronicles Film Series 10:30- Muscle Conditioning 11:45- Lunch- Baked Chicken Breast/Gravy Seafood Salad Vic King- piano 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
9	10	11	12	13
<p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Cannelloni/Cream Sauce Roast Beef/ Swiss 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</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 BBQ Pulled Pork Sandwich Chef Salad 12-4 SHINE Appts 1 Bingo 1:30 Swing Band</p>	<p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Pier #17 fish Egg Salad Vic King- piano 1 Movie -"Not Forgotten" 1 Duplicate Bridge 1 Self Defense (pre- register)</p>	<p>10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Beef Stir Fry Chicken Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</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- Chicken Parmesan Tuna Salad 12- Chess Nuts 1 Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
16	17	18	19	20
<p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - baked Haddock Ham & Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</p>	<p>9-10- Aerobics 9-10 Beginner Spanish 10:3 Bridge Lessons 10:30-11:30 Intermediate Spanish 10:30 Muscle Conditioning 11:45- Lunch Cold Picnic Lunch SPECIAL Grilled Chicken Over Waldorf Salad 12-4 SHINE Appts. 1-Bingo 1:30 Swing Band 1 – Social work focus group</p>	<p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Baked Vegetable Ziti Roast Beef/ Swiss Vic King- piano 1 Movie- "The Big Labowski" 1- Duplicate Bridge</p>	<p>10- Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Hot Dog Chicken Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</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- Beef Stew Egg Salad Vic King- piano 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
23	24	25	26	27
<p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 11:45- Lunch - Greek Chicken Turkey/Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</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 Chop Suey Californis Chicken Salad 12-4 SHINE Appts. 1-Bingo 1:30 Swing Band</p>	<p>9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Veal Marsala Cottage Cheese/ Fruit Vic King- piano 1 Movie- "Serious Moonlight" 1- Duplicate Bridge</p>	<p>10 Knitting 10:05- Current Events/Speaker 10:30- Mandarin Chinese Group 11-11:45 Tong Ren 11:45-12:45 Tai-Chi 11:45- Lunch – Roast Turkey Tuna Salad 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</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- Baked Haddock Chef Salad Dialogue w/ Director 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film</p>
30	31			
<p>8:45-9:45 Tai Chi 9-Pool Cues 10 Line Dance (pre-register) 10:30 French Lessons 10:30 Parkinson's Support Group(Pre-register) 11:45- Lunch - Cheese lasagna Roast Beef/ Cheese 12:45-1:45 Beyond Balance (pre-reg) 1 Monday Games 1 NewsTalk 2- Yoga (chairs)</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 Pot Roast Egg Salad 12-4 SHINE Appts 1-Bingo 1:30 Swing Band</p>			
			<p>Computer lessons are individually scheduled and will not appear on this calendar.</p>	

The Senior Center & Beyond

Seeking Heat Relief?

When the real heat hits, the Newton Free 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”

Friday ... August 27- 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

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.

Curious ???

about the Newton Senior Center

Set an appointment for a tour...

call Joanne at 617-796-1670

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.

“The WOODSHOP”

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

Some experience necessary. *Interested???*

Call Frank at 617-244-1969

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



“Senior Center Website is Multi-Lingual”

Our website www.newtonseniors.org now has a translation capacity. Look below search box and

translate the website into any of 52 languages.

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

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

...from the desk of our Social Worker

Kathy Laufer, LICSW

CHANGES

August marks a month of changes in social work services. Lindsay Carlson, our outreach worker, is leaving us. She has been a great addition to our team and will be missed by staff, clients and colleagues in elder services. We wish her well and hope she'll keep in touch.

Melissa Sorrell-Kimble, our intern from Simmons College, will take with her a wealth of knowledge learned from Newton seniors, as she begins her second year placement in an agency working with homeless elders. A new intern, Rosemary Lockwood will be joining us in mid-September.

August is also a transitional month for those on an academic calendar – a time to prepare for the fall semester. I am also taking this time to plan groups and talks at the Newton Senior Center. I would like to take the opportunity to meet with **all** who are interested to brainstorm topics for groups or one-time educational sessions. I would like to hear your ideas about what is important in your lives and how the social service department can best support you as we plan our groups for the year. Whether your interest is in services in the community, connecting with others, maintaining a healthy body and mind or support throughout the life cycle, we hope to find something for everyone. All topics or ideas are welcome and I would hope for a lively exchange leading to a great year. If you don't have a particular request or suggestion, join the conversation and be heard. To get us started, I will bring some ideas that have appeared on group evaluation forms in previous years. Our brainstorming session will be on Tuesday, August 17th at 1 p.m. If you are unable to attend this meeting, but would like your voice heard, please call Kathy at 617-796-1663.

Medical Equipment Closet –The medical equipment closet has walkers, wheel chairs, commodes, canes, adult incontinence briefs and other items. If there is a need for an item, **call Kathy (617-796-1663) to schedule a pick up time.** (We have *some* coupons for a discount on purchases of Depends Undergarments.) **Please call to donate, as we have limited space and cannot accept everything.**

**“We don't stop laughing because we grow old,
we grow old because we stop laughing!”**

Anonymous

Be Prepared and PLAN AHEAD!

NOW is the time to speak with your landscaper about Winter snow removal. Don't get caught with an icy walk or impassable driveway. Make your arrangements now!

Aging in Place Project Center

THE NEWTON SENIOR TAX WORK-OFF PROGRAM

The Newton Senior Tax Work-Off Program provides *qualified* seniors, a rebate of up to \$750 against their real estate taxes, in exchange for 94 hours work in municipal departments. For details- Lynn Feinman at 617-796-1675 .

Senior Home Safety Check

One way to stay in your home “as long as possible” is keeping it safe. The Newton Rotary Club, the Newton Fire Department, the Newton Police Department, and the Newton Department of Senior Services is 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*

Volunteer Opportunities

The Newton Senior Center is always seeking volunteers who want to share their skills and passions. If you are interested in teaching a language, a game, a craft, an art, computer use *or* sharing your passion for music, films, etc., *please* contact Joanne at 617-796-1670.

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 are 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 ended June 30, dropping the fee to \$3 for stickers purchased now. Stickers purchased now are only valid for 1 year, ending June 2011.

"Brain Ticklers"

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



"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



"NEW THIS FALL!"

Short Story Discussion Group

Led by Ditta Lowy

- Meets last Thursday of each month, 10:30 a.m.
- First meeting, September 30
- To get list of stories to be discussed, please pre-register with receptionist by September 20.

Writing Workshop

Led by Bernice Bennett

- Meets every Wednesday, 10:00a.m.
- Bring your work to share. First meeting, September 8.
- Please pre-register by August 25.

Holiday Gift Craft Workshop- Watch for dates in October!

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)
- **All Games-** Thursday- 1-3:45
- **ChessNuts-** Friday- 12-3:45
- **Poker & Scrabble-** Friday- 1-3:45



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.

Daily Habits That May Make You Sick!

From WEBMD, June 2010



1. **Using a sponge!** Your sponge /dishrag sops up spills and the remains of foods creating a breeding ground for e-coli and other microbes This same sponge/dishrag, when used to clean surfaces, spreads germs rather than removes them. **Solution!** Dip sponges into a solution of water and bleach before wiping down surfaces and let sponge air-dry to kill organisms. Micro-waving a sponge in water will also kill bacteria.
2. **Vacuuming!** Small dust particles carrying allergens, pesticides and chemicals are often kicked up by vacuuming. **Solution!** Look for a vacuum with a high-efficiency (HEPA) filter that grabs these smaller particles.
3. **Mattresses & Pillows!** We shed skins cells onto our pillows and mattresses that become steeped in lint, dust mites, spores and more, exacerbating allergies and lung conditions. **Solution!** Cover your mattress, box springs and pillows with impervious outer covers that can be laundered frequently. Clean sheets weekly in hot water.
4. **Grilling Meat!** The charred look of grilled food is actually cancer-causing compounds cooked onto the food. **Solution!** Wrap food in tin foil with a hole for fat to drip out, thus limiting the flames getting to the food.
5. **Opening Your Windows!** On days when air quality is poor or when the pollen count climbs, it is best to keep windows closed. **Solution!** Let your air-conditioner clean the air you are breathing and wait for a day when the air is truly fresh before opening windows.
6. **Sitting in Front of the TV!** While sitting in front of the TV you are more likely to snack and burn few calories. Weight gain affects overall health and specific medical conditions. **Solution!** Put away the chips and get moving!!!

Information resources:

1. Philip Tierno, PhD. Director microbiology and diagnostic immunology at NYU Langone Medical Center- author **The Secret Life of Germs.**
2. David MacIntosh, MD, principal scientist at Environmental Health & Engineering (EH&E), Needham, MA.



A Livable Community

By Joanne Fisher, Program Coordinator

As we evolve as a society, our language and word definitions change also. In this way, we can better communicate new ideas that once had no language. A “*Livable Community*” is one such phrase. Not so long ago a livable community was one where an individual felt safe and familiar and had services and recreation close at hand. Today that definition has expanded to include very specific new standards for “livability”.

- ❖ **Livable Community-** A livable community is one that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life. (*AARP Public Policy Institute, 2005, Livable Communities: An Evaluation Guide*)

The concept of a livable community has many facets and in a community that successfully combines them, an environment that is suitable for everyone emerges. Different factions of the community require different elements that need attention. Young children, teen-agers, young adults, young parents, the disabled of any age and senior citizens, all have slightly differing needs. There are some needs shared by some groups and some needs shared by all groups. The challenge of developing a comprehensive livable community is to address *all* of these needs.

Many movers and shakers throughout the country and the world are working on the development of “livability” for their designated group or groups. Many grassroots organizations are also looking closely at assessing and addressing the needs of their small neighborhoods, and in this way, they are working toward the goal of creating a more “livable” environment.

A key component of a livable community is the concept of “*Aging in Place*”. This is the focus of our energy in the Department of Senior Services. The Newton Senior Center has conducted focus groups, led by Marian Knapp, that have explored the phrase “Aging in Place” and what it means to individuals. Marian is a frequent contributor to this column and after receiving her PhD just a few short years ago, has committed herself to furthering Newton’s efforts to become a perfect place to “age”. When the needs and desires of the aging population are addressed, the entire community is strengthened. By helping senior citizens to remain in the community their wisdom, skills and life lessons remain with them as a valuable resource, thus making the community *more livable*.

Several specific services have been the target of the Department of Senior Services work in this area, among them; Transportation, the Tax work-off program and the Contractor Referral list. (Contact: Lynn Feinman, Aging in Place Program Manager- 617-796-1675, at the Newton Senior Center, for more information.)

Universal Design is another new phrase used to describe the design of products and environments created to be usable by all people, to the greatest extent possible, without further adaptation or specialized design. Just as parents have “baby-proofed” their homes and those with disabilities have adapted their homes, so must the senior population make adaptations to their individual and community environments that broaden, not limit, access for all.

★ *Please note that the Newton Senior Center will be holding an “Aging in Place Fair” on September 29, where you can learn more about the resources available to Newton Seniors who wish to remain “in place”. Details to follow in the September newsletter.*

The Senior Citizens Fund of Newton
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Newtonville, MA 02460

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

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

call Nancy at 617-796-1506

- **August Day Trips**- August 4, North Shore Music Theatre, August 18, Portland, Maine.
- **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**- Monday & Wednesday, 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, 10-11am.
- **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. League, Tuesdays, 9am.
- **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.

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.

[Mission statement as seen on template](#)