

October 2008

“15th

Anniversary Celebration!”

The Newton Senior Center is planning to celebrate its 15th Anniversary on Wednesday, October 22. *Please* pre-register by calling 617-796-1660 by October 15. *Space is limited and last minute registration cannot be accepted.*

The fun will begin with a “*pizza and more*” lunch at 11:45. Following the serving of lunch there will be some brief speeches and then a wonderful musical program by professional songstress *Meryl*, in the tradition of Liza, Barbra and of course Judy!

Our Annual Senior Art Show will be on exhibit and we will top off the excitement with Cabot’s Ice Cream Sundaes and FREE raffles!

Many thanks to our generous sponsors... The Village Bank, Cabot’s Ice Cream and the Newton Council on Aging.

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*(Duplicate Bridge will be canceled on this date.)*

### **Domestic Violence Month**

October is “domestic violence month”. In support of the victims of domestic violence the Newton Senior Center will be showing the film, “The Color Purple”, on October 8 at 1:00 pm. *The Clothesline Project* will on display at the Newton Senior Center for a week in October.



**The Newton Senior Center  
wishes its Jewish friends  
a Happy, Healthy & Peaceful New Year!**

*The Newton Senior Center regrets the passing  
of dear friends  
Irma de Jon, Lois Morrill,  
Ethel Potter & Morris Rubin*

### **Survey of Elder Service Needs**

**“Your Voice Counts”**

The Massachusetts Executive Office of Elder Affairs and Secretary Michael E. Festa encourages you to voice your concerns and views affecting people 60 years and over, adults with disabilities, and family caregivers. Information obtained from this questionnaire will help lay the foundation for developing the 2010-2013 Massachusetts State Plan on Aging. Persons interested in responding to the survey can access the questionnaire from

<http://www.800ageinfo.com/>

and scrolling down to the survey located on the home page. The survey is open until November 16, 2008.

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## **THE NEWTON SENIOR CENTER STAFF**

617-796-1660.....FAX 617-969-9560

Web Site Address – [www.newtonseniors.org](http://www.newtonseniors.org)

*Center Hours: 8:30-4:00 Monday-Friday*



### **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           |
| Penelope Moore .....  | Social Work Intern ... 617-796- 1674      |
| Linda Johnson .....   | Administrative Assistant... 617-796-1665  |
| Lucy Bedigian .....   | Lunch Site Manager                        |
| Joyce Cheng.....      | Nurse... 617-796-1420                     |
| Monique Bleriot ..... | Nurse... 617-796-1420                     |
| 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](http://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



(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 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 please call Alice Bailey at 617-796-1664.***

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### **"OTHER Transportation Services"**

**Busy Bee Medical Transportation** – medical transportation to some destinations outside Newton. The suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*

**“The RIDE”**- Call 617-222-5123 to register. *A healthcare provider's signature required.* Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, 3-day advance reservations required, pre-registered riders only.*

# october tricks & treats

## Conversational Hebrew Classes

Please pre-register for 11 weeks of classes starting on Tuesday, October 7 at 1:00. *Shalom!*

### The Faces of History

History buffs and others... Wednesday, October 29, at 10:30am, join Charlotte Dooling for a discussion about "Robert Kennedy". A \$1 donation is suggested.

### Current Events & Speakers

This group meets on Thursday mornings at 10:00. October 16, Denise Roskamp will speak about "Medicare Open Enrollment- Changes & Choices". October 30 Catrice Williams will speak about, "Analog to Digital". These scheduled speakers will alternate weeks with current events discussions.

### Alderman Holds Office Hours at Senior Center

Alderman Stephen Linsky will hold "open" office hours at the Newton Senior Center on Thursday, October 2, from 12:30 -2:00. Just drop-in!

### FABB Center

*Fit and Balanced Brain Center, FABB* at the Newton Senior Center is now taking appointments to "get fit and improve balance" while playing virtual sports and fitness activities. Learn to use our "*Nintendo Wii*" under the guidance of UMass students. To make an appointment call 617-796-1660. One time appointments or weekly sessions are available. *We thank our friends at the Golden Living Center of Chestnut Hill for making this possible!* A \$1 dollar donation is suggested.

### Bridge Lessons are Back!

Beginners and others are invited to learn the mind-bending game of Bridge! Tuesdays from 10-12. Drop-in!

### The Stories We Tell

We all love stories! Share your stories and or just listen to others as Ruth Houseman leads this wonderful new group on Monday mornings (10:30). Meets weekly. (*Canceled September 27*)

### Legal Appointments

Law students from Boston College Legal Services will take appointments for legal consultation on the first Friday of each month, starting October 3. Please call 617-796-1660 for an appointment.

### Computer Registration & Orientation

Monday, October 6, at 10:00 is time to register for computer lessons. One teacher/one student- \$50 for 6 classes- individually scheduled. Classes begin the following week. Student must have access to a computer.

### Halloween Party!

Have a "creepy" lunch and celebrate Halloween on Friday, October 31 at 11:45. Pre-register for the FUN!

*Sponsored by Epoch Senior Living.*

### Volunteer Meeting

All volunteers are asked to attend a meeting on Monday, October 27. We have much to do!

### Drop-in Geneology

Learn some tricks to tracing your roots on Wednesday, October 22, at 10am. Bring curiosity & questions!

### Entertainment Books

Solve your gift-giving problems with the purchase of an *Entertainment Book(s)*. Each book is packed with valuable coupons. The Massachusetts book is \$25. Out of state issues are available at varying prices. Come to the Senior Center to get yours. A portion of each sale goes to benefit the programs and services the center offers.

# Many Thanks!

## Many Thanks for your generous donations...

- David Murphy, in appreciation of the Newton Senior Center.
- Doris Lelchook, in memory of Morris Rubin.
- Skippy Yoffee, in honor of Doris Perry's Birthday.
- Pearl Rosenthal, in honor of Doris Perry's Birthday.

### *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*

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

*Monday, October 27....12:00 noon*

*for a "Dialogue with the Director"*

**The Low-Vision Group** meets the first Monday of each month, 10:00am.

- October 6 -

## **Should You Change Your Healthcare Coverage?**

*10 Reasons why you may want to consider changing Medicare plans*

*during the Annual Open Enrollment Period*

*(November 15 – December 31)*

- 1) Your plan's premium is too high
- 2) Some of your prescriptions are not covered by your drug plan
- 3) The cost of your prescriptions on your drug plan is too expensive
- 4) Your doctor stopped taking your plan
- 5) Your co-payments to providers cost too much
- 6) It is difficult for you to get referrals to specialists
- 7) You want to see a doctor who does not take your plan
- 8) You have been denied medical services that you believe were needed
- 9) Your plan has made billing errors, which have been difficult to correct
- 10) Your plan's Customer Service is difficult to reach and not very helpful

***If you have any problems with your plan, you should consider changing plans during the Open Enrollment Period. Even if you are happy with your plan, you may want to consider changing plans for next year.***

Your plan's premiums, co-pays and coverage may be changing. A different plan may be better for you. Your plan will notify you about changes which will begin in January 2009. Be sure to read and save your plan's letter.

***A SHINE Counselor can help you! Call 617-796-1660.***

# 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 canceled without prior notice.*

**HealthStop Tuesday, October 7, 10:30am**

*See page 14*

## *FIT Fitness into Your Life!*

### Mondays

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

*(next session begins October 27, register by October 20)*

**BEYOND BALANCE** 12:45-1:45 (\$40/ 8 weeks)

*(next session begins October 20, register by October 14)*

*(Strengthening exercises to improve balance)*

**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

call 617-796-1665

to be placed on wait list

*“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.)*



## Visit our FABB Center (Fit & Balanced Brain Center)

Please call (617-796-1660) for an appointment to use our  
“Wii Fit” exercise program and/or our “Wii Sports” program.  
Get fit while having FUN! *Fridays, 1-3:45pm*

# Tidbits!

## Healthy Eating Group

**“Food can be your friend!”**

The Healthy Eating Group at the Newton Senior Center, sponsored by Springwell, will hold its second session starting Friday, October 17, 9:30-12, for 7 weeks. Please pre-register by calling the center at 617-796-1660. (Space limited.)

## Art Appreciation

Rhona Swartz will be offering an opportunity to learn about select artists and their work. The group will meet on alternate Thursdays from 10:00am-11:30am in the Library Lounge (see calendar). The curriculum includes artists from a variety of disciplines.

*Everyone is invited to “open their eyes”.*

**Book Club** ... Will meet Tuesday, October 7, 1:00PM, to discuss “An Unfinished Woman” by Lillian Hellman.



## ANNUAL SENIOR ART SHOW

*Celebrating 15 Years of Being Your Center for Connection!*

On October 22, 2008 (11:45-1:15) the Newton Senior Center will celebrate 15 years of service in our beautiful space at 345 Walnut Street. **Senior citizen artists** are asked to submit their work, to be exhibited during the celebration. All work should be ready for hanging or display. Submissions accepted *on October 21*.

*Food, friendship, music and art will mark this milestone.*

*Be a part of the fun!*

**PLEASE pre-register** by calling 617-796-1660. *Space is limited!*

This event will be made possible through the generosity of our friends at the **Village Bank, Cabot’s Ice Cream and the Newton Council on Aging**.

## State Launches Reverse Mortgage Web Site

The Office of Consumer Affairs and Business Regulation (OCABR) and the Executive Office of Elder Affairs offers information and guidance to borrowers interested in “reverse mortgages”. These products are very complicated and state law offers some unique protections for borrowers. For more information go to [www.mass.gov/reversemortgage](http://www.mass.gov/reversemortgage) or call the Division of Banks at 617-956-1500.

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Rosh Hashanna</i><br/><i>begins at sundown</i><br/><i>September 29</i></p>                                                                                                                                                                                                                                                                                                                        | <p><b>October</b><br/><br/><b>“Domestic Violence Month”</b></p>                                                                                                                                                                                                                                                                  | <p><b>9-12 Health Clinic 1</b><br/>9-10:30 Chamber Music (cancel)<br/>9-12- Pool Cues<br/>9:30 – Fine Art Studio<br/>11:45- Lunch-<br/>American Chop Suey<br/>Breaded Chicken Pattie<br/><b>Vic King- piano</b><br/>1 Movie-<br/>“Moulin Rouge”<br/>1- SHINE- pre-reg. (canceled)<br/>1- Duplicate Bridge<br/>1:30-3:30 Matter of Balance<br/>Pre-reg (Canceled)</p>                                                         | <p><b>2</b><br/>10- Current Events/ Spkrs<br/>10- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch –<br/>Chicken Cacciatore<br/>Roast Beef &amp; Swiss<br/>12:30- Ceramics (pre-reg)<br/><b>12:30-2 Ald. Stephen Linsky</b><br/>1- Yoga (chairs)<br/>1-Thursday Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>                                                | <p><b>3</b><br/>9-12- Health Clinic<br/>9-10 Aerobics<br/>10:00- Writing<br/>10:30- Muscle Conditioning<br/><b>10:30 Men’s Health Club</b><br/>11:45- Lunch-<br/>Meatloaf<br/>Tuna Salad<br/><b>Harold Kaswell- Piano</b><br/>12- Chess Nuts<br/><b>12-2 Legal Appts.</b><br/>1-2:30 Drop-in Cptr Help<br/>1 Chinese Painting (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center pre-reg</b></p>          |
| <p><b>6</b><br/>9-12- Pool Cues<br/>10 Line Dance (pre-register)<br/><b>10 Low Vision Group</b><br/><b>10 Computer Registration</b><br/>10:30 “The Stories We Tell”<br/>11:45- Lunch -<br/>Pot Roast<br/>Seafood Salad<br/>12:45-1:45 Beyond Balance<br/>(pre-reg.)<br/>1- NewsTalk<br/>1 French Lessons<br/>1 In Stitches<br/>1 Scrabble<br/>1-Mah Jongg<br/>2- Yoga (chairs)</p>                      | <p><b>7</b><br/>9-10- Aerobics<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/><b>10:30 HealthStop</b><br/>10:30 Muscle Conditioning<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Macaroni &amp; Cheese<br/>Roast Beef<br/>1 SHINE- pre-reg.<br/>1 Hebrew Class<br/>1-Bingo<br/>1:30 Swing Band</p> | <p><b>8</b><br/><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music (cancel)<br/>9-12- Pool Cues<br/>9:30 – Fine Art Studio<br/>11:45- Lunch-<br/>Pier #17 Fish<br/>Turkey &amp; Cheese<br/><b>Vic King- piano</b><br/>1 Movie-<br/>“The Color Purple”<br/>1 Duplicate Bridge<br/>1- SHINE re-reg (canceled)<br/>1:30-3:30 Matter of Balance<br/>(Pre-reg) <b>Canceled</b><br/><br/><b>Yom Kippur begins at sundown</b></p>  | <p><b>9</b><br/>10- Current Events/ Spkrs<br/>10-11:30 Art Appreciation<br/><b>canceled</b><br/>10- Knitting <b>canceled</b><br/>10:30- Mandarin Chinese<br/>11:45- Lunch –<br/>Salisbury Steak<br/>Chicken Salad<br/>12:30- Ceramics (pre-reg)<br/>1- Yoga (chairs) <b>canceled</b><br/>1-Thursday Games<br/>1:30 - French Salon<br/>2-Yoga (mats) <b>canceled</b></p> | <p><b>10</b><br/>9-12- Health Clinic<br/>9-10 Aerobics<br/>10:00- Writing<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Honey Mustard Chicken<br/>Egg Salad<br/><b>Vic King - Piano</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cptr Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center</b></p>                                                                         |
| <p><b>13</b><br/><br/><b>Center Closed for Columbus Day Holiday</b></p>                                                                                                                                                                                                                                                                                                                                 | <p><b>14</b><br/>9-10- Aerobics<br/>10:30 Muscle Conditioning<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Baked Fish au Gratin<br/>Ham &amp; Cheese<br/>1-Bingo<br/>1 Hebrew Class<br/>1 <b>Book Club</b><br/>1:30 Swing Band</p>                      | <p><b>15</b><br/><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music Ens.<br/>9-12- Pool Cues<br/>9:30 – Fine Art Studio<br/>11:45- Lunch-<br/>Roast Turkey<br/>Tuna Salad<br/><b>Vic King - piano</b><br/>1 Movie- “Step Mom”<br/>1- Duplicate Bridge<br/>1- SHINE<br/>1:30-3:30 Matter of Balance<br/>(Pre-reg)</p>                                                                                                        | <p><b>16</b><br/>10- Current Events/Spkrs<br/>10- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch –<br/>Chicken Fajita<br/>Turkey Salad<br/>12:30-<br/>Ceramics (pre-register)<br/>1- Yoga (chairs)<br/>1-Thursday Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>                                                                                            | <p><b>17</b><br/><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/><b>10 Healthy Eating</b> pre-reg<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Hot Dog<br/>California Chicken Salad<br/><b>Harold Kaswell- - Piano</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film<br/><b>1-3:30 FABB Center pre-reg</b></p>            |
| <p><b>20</b><br/>9-12- Pool Cues<br/>10 Line Dance (pre-register)<br/>10:30 “The Stories We Tell”<br/>11:45- Lunch -<br/>Stuffed Pepper<br/>Seafood Salad<br/>12:45-1:45 Beyond Balance<br/>(pre-reg.)<br/>1- NewsTalk<br/>1 French Lessons<br/>1 In Stitches<br/>1 Scrabble<br/>1 Mah Jongg<br/>2- Yoga (chairs)</p>                                                                                   | <p><b>21</b><br/>9-10- Aerobics<br/>10:30 Muscle Conditioning<br/>9-10- Beginning Spanish<br/>10-11:30 Art Appreciation<br/>10-11:30 Bridge Lessons<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/><b>SPECIAL- Roast Pork Loin</b><br/>1-Bingo<br/>1 Hebrew Class<br/>1:30 Swing Band</p>                         | <p><b>22</b><br/><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music Ens.<br/>9-12- Pool Cues<br/>9:30 – Fine Art Studio<br/><b>10 Drop-in Geneology</b><br/>11:45- Lunch-<br/><b>15th Anniversary Celebration</b><br/><b>Pizza Lunch &amp; Entertainment</b><br/><i>Pre-register (see page 1)</i><br/>1- Duplicate Bridge (canceled)<br/>1 Movie (canceled)<br/>1 - SHINE<br/>1:30-3:30 Matter of Balance<br/>(Pre-reg)</p> | <p><b>23</b><br/>10-<br/>Current Events/Speakers<br/>10 Art Appreciation<br/>10:30- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch –<br/>Beef Stew<br/>Egg Salad<br/>12:30-<br/>Ceramics (pre-register)<br/>1- Yoga (chairs)<br/>1-Thursday Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>                                                                  | <p><b>24</b><br/><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/><b>10 Healthy Eating</b> pre-reg<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Crab Cakes<br/>Turkey &amp; Swiss<br/><b>Vic King Piano</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film</p>                                                              |
| <p><b>27</b><br/>9-12- Pool Cues<br/>10 Line Dance (pre-reg)<br/>10:30 “The Stories We Tell”<br/>(Canceled)<br/>11:45- Lunch -<br/>Chicken Paprika<br/>Roast Beef &amp; Swiss<br/><b>Dialogue w/ Director</b><br/>1- NewsTalk<br/>1 <b>VOLUNTEER MEETING</b><br/>1 French Lessons<br/>1 In Stitches<br/>1 Scrabble<br/>1-Mah Jongg<br/>12:45-1:45 Beyond Balance<br/>(pre-reg)<br/>2- Yoga (chairs)</p> | <p><b>28</b><br/>9-10- Aerobics<br/>10:30 Muscle Conditioning<br/>9-10- Beginning Spanish<br/>10-11:30 Bridge Lessons<br/>10:30-11:30<br/>Intermediate Spanish<br/>11:45- Lunch<br/>Veggie Quiche<br/>Chicken Pattie<br/>1-Bingo<br/>1 Hebrew Class<br/>1:30 Swing Band</p>                                                      | <p><b>29</b><br/><b>9-12 Health Clinic</b><br/>9-10:30 Chamber Music<br/>9-12- Pool Cues<br/>9:30 – Fine Art Studio<br/><b>10 Faces of History</b><br/>11:45- Lunch-<br/>Baked Fish Almondine<br/>Chef Salad<br/><b>Vic King- piano</b><br/><b>1 movie “Notting Hill”</b><br/>1- Duplicate Bridge<br/>1 - SHINE<br/>1:30-3:30 Matter of Balance<br/>(Pre-reg)</p>                                                            | <p><b>30</b><br/>10-<br/>Current Events/Speakers<br/>10 Art Appreciation<br/>10- Knitting<br/>10:30- Mandarin Chinese<br/>11:45- Lunch –<br/>Spaghetti &amp; Meatballs<br/>Ham Salad<br/>12:30-<br/>Ceramics (pre-register)<br/>1- Yoga (chairs)<br/>1-Thursday Games<br/>1:30 - French Salon<br/>2-Yoga (mats)</p>                                                     | <p><b>31</b><br/><b>9-12- Health Clinic</b><br/>9-10 Aerobics<br/>10:00- Writing<br/><b>10 Healthy Eating</b> pre-reg<br/>10:30- Muscle Conditioning<br/>11:45- Lunch-<br/>Haunted Turkey Divan<br/>Seafood Salad<br/><b>Halloween Party</b><br/><i>sponsored by</i><br/><b>Epoch Senior Living</b><br/>12- Chess Nuts<br/>1-2:30 Drop-in Cmpt. Help<br/>1 Chinese Painting. (pre-reg)<br/>1- Scrabble<br/>1- Poker<br/>1-Bingo<br/>1- Foreign Film</p> |

# Information Station

## NEWTON UPPER FALLS SENIORS

### **Emerson Community Center**

52 Pettee Street, Newton Upper Falls

#### *"October"*

October 1... Mark Tannover

October 8... BINGO

October 22... Stanley Macht,  
"Memories & Melodies"

October 29... TBA

*Entertainment begins at 10:00am*

Refreshments served... bring your friends...

**ALL WELCOME!**

## 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*



### *Curious About the Newton Senior Center?*

Call Joanne at 617-796-1670 and set an appointment for tour of our beautiful center.

## 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 and make great gifts!



**WEDNESDAY FILMS** begin at 1:00 pm and are listed on our calendar.

"Volunteers needed for Information Desk in the lobby of Newton City Hall. Weekly, four hour slots -either morning or afternoon shift. Greet visitors and provide directions within City Hall. If interested please contact Jan Latorre-Stillier, Director of Service Opportunities After 55 (SOAR) at 617-969-5906 x 120

.....  
**Visit the NEWTON SENIOR CENTER**  
*website*

**www.Newtonseniors.org**



## GET YOUR FLU SHOTS!

For information about the "FLU CLINIC" provided by the Department of Health & Human Services, please call 617-796-1426...FLU HOTLINE *after October 15.*

## 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 but never on the street!*

## FOREIGN FILM BUFF?

*Join others...  
for a wide selection of foreign films shown  
Fridays at 1:00...  
Newton Senior Center.*

## Watch NEW-TV your Cable Access Station

- "**View From The Hall**"- Mayor Cohen  
*Monday-Sunday 6AM, 2PM, 5PM  
Tuesday-Friday 7:30PM*
- **Mayor's Press Conference**-  
*Monday-Friday 12PM, 3PM, 6PM*
- "**Coming of Age**" – **Newton Senior Center**  
*Daily, 5:30pm and Noon, Saturday /Sunday  
Channels- 9,10 or 15  
depending on your cable provider*

## FROM THE DESK OF OUR SOCIAL WORKER



### **"OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH"**

Domestic violence (DV) is "a pattern of coercive control that the abuser exercises over the victim." (*National Coalition Against Domestic Violence*). Elder victims of DV are the least likely to seek out or accept assistance. They are often socially isolated and many believe that family problems are a private matter. Some are not aware that Massachusetts has two laws which protect seniors from domestic violence: domestic relations (MGL 209A) and elder abuse (MGL 19A) laws provide for intervention to stop the abuse and protect elders.

Under the Massachusetts Abuse Prevention Act (MGL 209A), any person who is suffering from abuse by a present or former family or household member, or by a dating partner, may obtain an emergency, temporary, and/or permanent restraining order against the abuser" (from a court). If you want assistance or support in obtaining a restraining order, you can contact REACH (formerly Support Committee for Battered Women) at 1-800-899-4000.

The Elder Abuse Hotline (under MGL 19A) is used to report physical, emotional, or sexual abuse, neglect, and financial exploitation of someone over the age of 60 at the hands of relatives or a caretaker and self-neglect by an elder. The Commonwealth of Massachusetts Elder Abuse Hotline can be accessed 24 hours a day, seven days a week, by calling 1-800-922-2275 or you can make reports during regular business hours directly to the Protective Services unit at Springwell (formerly West Suburban Elder Services) 617-926-4100.

In order to raise awareness about the emotional toll domestic violence takes, the Newton Senior Center will host *The Clothesline Project* (CLP), a program started on Cape Cod, in 1990, to address the issue of violence against women. It is a vehicle for women affected by violence to express their emotions by decorating a shirt. They then hang the shirt on a clothesline to be viewed by others as testimony to the problem of violence against women. The Clothesline Project will be on display at the Newton Senior Center, Newton City Hall, and other sites throughout the city during DV Month.

Elder Abuse and Domestic Violence are against the law! If you have questions or would like to talk to someone, you may call Kathy Laufer (617-796-1663) or Meghan Kennedy (617-796-1672) at the Newton Senior Center.

### **Fuel Assistance**

Action for Boston Community Development (ABCD) provides fuel assistance to low income households in Newton, Brookline & Boston. ABCD accepts applications between October and March. ABCD has an *authorized site* at Newton City Hall. To make an appointment you can call 617-796-1282 after October 1 from 9 – 3. Please bring, to your appointment, the following documentation for *everyone* in your household: proof of income; social security number; identification (Social Security Card, birth certificate, copy of driver's license or state issued ID); current copy of lease or rent receipt or mortgage statement; and current primary heating bill (oil, gas or electric).

# 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*



## Durable Medical Equipment

The social service office of the Department of Senior Services/Newton Senior Center has a closet of used durable medical equipment – wheelchairs, walkers (with and without seats), commodes, shower chairs and benches, and canes. We also have some incontinence products and nutritional supplements (Boost & Ensure).

Please call Kathy (617-796-1663) or Meghan (617-796-1672) if you know of someone who could benefit from receiving one or more of these items.

~~~~~

"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)

University of Massachusetts, Boston

Frank J. Manning

Certificate of Bachelor's Programs in Gerontology

This program focuses on issues of aging service delivery, research and public policy. For more information call 617-287-7330 or contact ... mary.stjean@umb.edu

"Brain Ticklers"

Languages at the Senior Center!

(\$1 donation)

Mondays... Beginner French Lessons, 1:00

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

Intermediate Spanish, 10:30-11:30

Thursdays... Mandarin Chinese, 10:30am

Thursdays...French Salon- 1:30- 2:30pm



- ***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- Bridge Lessons*** *10- 11:30* \$1 donation
- ***Tuesday & Friday BINGO*** *1-3...*
50 cents a card -
- ***Wednesday- Duplicate Bridge***
1:00-3:45... \$2 donation
- ***Thursday- Contract Bridge*** *1-3:45...* \$1 donation
- ***Friday- ChessNuts*** *12-3:45...* \$1 donation
- ***Friday- Poker & Scrabble*** *1-3:45...*
\$1 donation



"You can't have everything... where would you put it?"
Steven Wright

Nurse's Notes

What's New this Flu season?

By Joyce Cheng, RN

Newton Department of Health & Human Services

Based on the CDC report, the 2007-08 flu season was more severe than the previous two years. The last flu season was similar in severity to the 2004-05 flu season in terms of the percentage of deaths due to pneumonia and flu, pediatric hospitalization rates, and the percentage of visits to outpatient clinics for flu-like illness. Last year the influenza vaccine was less effective due to the poor match between the viruses in the vaccine and influenza viruses that were circulating in the community. However, even with poor matching, the vaccine still provided some cross-protection to the population.

Through the carefully sampled testing and data collection process, the three strains selected in the 2008-2009 trivalent vaccine are A/Brisbane/59/2007(H1N1)-like, A/Brisbane.10/2007(H3N2)-like, and B/Florida/4/2006-like antigens. Vaccination is the most effective way to prevent influenza. This year, a new recommendation from CDC included children age 5-18 years for annual flu vaccination. Therefore, an annual flu vaccination is recommended for all children from 6 months through 18 years of age and anyone 50 years of age or more. In addition, inoculation is recommended for anyone who is at risk of complications from influenza; such as pregnant women, people with long-term health problems or anyone who lives with or cares for people at high risk for influenza and related complications.

Each year, The Newton Health & Human Services Department organizes multiple clinics providing flu and pneumococcal vaccinations. The clinic information will be announced soon. Call 617-796-1426, after October 15, for details. Please come to **HealthStop**, at the Newton Senior Center, on October 7, at 10:30am, to learn more about how to prepare for this flu season. A booklet called "*Flu, What You Can Do-Caring for People at Home*" is also available for distribution.

SHINE

"Serving Health Information Needs of Elders"

presents

Medicare Open Enrollment Changes and Choices for 2009

at the **Newton Senior Center**

October 16 at 10:00

*All welcome to attend this event during our
Current Events & Speakers Program!*

*If you have questions about your Medicaid or Medicare coverage... or related concerns,
please call 617-796-1660 (Newton Senior Center) for a SHINE appointment.*

A trained volunteer will assist you at no charge.

*SHINE is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership
with the Massachusetts Councils on Aging and other local agencies.*

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 **October 3, at 10:30 a.m.***

The Dea(r)th of Primary Care (part 5): **PCP, where art thou?**

Rumors abound about the critical shortage of primary care physicians (PCPs), but come on . . . this is Boston, one of the medical hubs of the universe, in Massachusetts, the state that has the highest number of doctors per capita in the country. And yet, a recent National Public Radio segment on primary care reported that no PCPs at Mass. General Hospital are taking new patients.

Suppose your PCP has decided to spend his early retirement in Tahiti and has left you anxiously scrambling to find a replacement. What are your chances of success? Where would you start? And how would you define what you are looking for? Let's start with the last one.

What Do I Want?

To borrow from a 1995 article in the Journal of the American Medical Association, many of the important qualities of a good PCP start with the letter **C**. For example:

1. **Competence:** good training, good skills, good judgment.
2. **Communication:** listens, explains, answers questions, returns phone calls/emails.
3. **Compassion:** cares about you.

Perhaps you have other criteria: gender, age, location, office furnishings. A little flexibility can go a long way here. You may even find yourself happy working with a physician who doesn't meet every requirement you initially had.

Where Can I Look?

1. **Hospitals-** Nearly every hospital has a web site (all have phone numbers). On many of those web sites, you will be directed to a link titled "Find a Doctor" or something similar. You may be able to search online or by calling a designated phone number. Note that calling specific physicians or practices may reveal PCP availability that the hospital's switchboard is unaware of.
2. **Health insurance companies-** Most maintain lists of available PCPs for their clients.
3. **Friends-** It is just possible that your good friend's PCP may accept a referral from his favorite patient even though he is not "officially" open to new patients.
4. **The back door route-** One creative approach is to find a specialist (appropriate to a diagnosis you have), and to ask the specialist to connect you with a PCP at his/her hospital. You may thus gain access to an otherwise closed practice.
5. **If all else fails,** Medicare patients can call 1-800-633-4227 (1-800-MEDICARE) to find names of PCPs accepting Medicare in their area.

What Are My Chances?

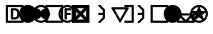
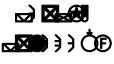
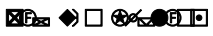

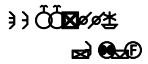
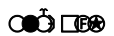



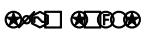
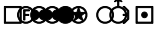
In a word, EXCELLENT. There are primary care physicians taking new patients at virtually every major Boston area hospital. I know. I called a bunch of them.

...There, that was easy. Crisis, schmis.

Please note: The Department of Senior Services can provide transport to medical appointments within the city of Newton, *only*. Consider this when choosing your healthcare provider. See page 3.

OVER 55 October 2008

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

	Friday mornings at Boston College swimming pool from 10-11am, Call to register, 617-796-1506.
	Thursdays 11:30 -4, Golf & Scat at the Scandinavian Living Center, 206 Waltham Street. Mondays, 10-3, Cribbage , Albemarle Fieldhouse.
	Trips to museums, theater and luncheons are scheduled. If you are interested in joining please call Nancy 617-796-1506
	<i>Early Morning Walkers</i> Monday- Friday, 7AM- Albemarle Fieldhouse. <i>Mid Morning Walkers</i> beginning- Tuesday & Friday mornings, call to register.
	Ballroom & Line Dancing- <i>Emerson Community Center, Newton Upper Falls</i> Helen Murphy plays your favorites. \$2 donation.
	Pilates - Mondays & Wednesdays, 6-7pm at 545 Grove St., Lower Falls Community Center. Call to register 617-796-1506.
	Ongoing all year. Call for information- 617-796-1506.
	Oktoberfest- October 15... Foxwood's- October 29... Fall Foliage Tour- November 12. Theatre trip to see "42 nd Street"- November 19. Call to register.
	Thursdays, 10-11:00am. New bike-riders welcome! New kayaking group forming. Bring your own or rent. Call for details and to register.
	Low impact aerobics classes to begin this Fall.
	Wednesdays & Fridays 8:30-10:30, Warren Courts, weather permitting.

The Senior Citizens Fund of Newton
 PO Box# 600488
 Newtonville, MA 02460

1st Class
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 Boston, MA.
 Permit #52475

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