

November 2008



History in the Making.

November 2008, will be historic in so many ways. This month Americans will go to the polls and elect either our first African-American President or our first female Vice President! ***This is the month we celebrate*** the birth of our country by “giving thanks” on November 27, Thanksgiving Day. ***November is National Alzheimer’s Awareness Month***; a time to give thanks for the great strides medicine is making with this disease and a time to remember those we have lost to its ravages. See page 4 for details about a special talk by Dr. A. Atri about new Alzheimer’s Research findings. *The following pages are packed with information to make your November 2008, memorable as you make history here at the Newton Senior Center!*

The 2008 literary magazine “More, Bits & Pieces” is out. Come by and get your copy.
Publication of this issue was sponsored by our good friends at the Golden Living Center, West Newton.

‘Tis the Season to shop at the **Senior Store** on the first floor of the Newton Senior Center. Find wonderful and unique treasures that make great gifts. Hand-made and other items are plentiful. Newton “Throws” are a warm and thoughtful gift that come in 4 colors! We have Entertainment Books as well... so stop by and shop. *All proceeds benefit the programs and services of the Newton Senior Center.*

FLU SHOTS

Wednesday, November 5
10:00am-2:00pm
The American Legion Post #440
California Street, Nonantum
Transportation available through Senior Transportation Service using yellow vouchers. (see page 3)

Thanksgiving Day Dinner- November 27

The Newton Senior Center is now taking reservations for its Annual Thanksgiving Day Dinner. This meal is for those who find themselves away from family on this mid-week holiday. Those wishing to attend should call Joanne at 617-796-1670 in advance, to reserve.
We thank our good friends at Whole Foods for making this holiday delicious and plentiful.

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THE NEWTON SENIOR CENTER STAFF

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

Web Site Address – www.newtonseniors.org

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



Staff

Jayne Colino.....	Director...617-796-1671
Alice Bailey.....	Administrative Coordinator...617-796-1664
Joanne Fisher	Program Coordinator...617-796-1670
Kathy Laufer.....	Clinical Social Worker...617-796- 1663
Meghan Kennedy	Outreach Worker... 617-796-1672
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 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.

Name _____

Street _____

City _____ **State** _____ **Zip** _____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Coming of Age four times a year. (February, May, August, & November). *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city. It may also be accessed on the WEB... Go to www.newtonseniors.org* Then go to Our Programs, choose Coming of Age.

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

Getting Around



(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.*

Not to be Missed November

The Newton Senior Center will be closed on Tuesday, November 11, for Veteran's Day & Thursday November 27 for Thanksgiving Day, the Center will close at 1:00 November 26 in advance of the Thanksgiving Day Holiday.

The Good News in Alzheimer's Research

Dr. Alitri Atri, of Massachusetts General Hospital, will speak about "**The New News in Alzheimer's Disease Research**". Hear him speak at lunch on Thursday, November 6 at 12:00. All welcome!

NEW! Tai-Chi

Through a grant from Newton/Wellesley Hospital the senior center is now offering "drop-in" Tai Chi Thursdays, 12:00-1:00, as part of our STABLE (Stand Tall & Be Lively & Energetic) Program. See page 5.

The Faces of History

History buffs and others... Wednesday, November 19, at 10:30am, join Charlotte Dooling for a discussion about "Gertrude Bell". A \$1 donation is suggested.

Current Events & Speakers

This group meets on Thursday mornings at 10:00. November 13, librarian Natalie Schatz will speak. December 4, "The Samaritans" will speak. Scheduled speakers 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 November 6, from 12:30 -2:00. Just drop-in!

Legal Appointments

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

Computer Registration & Orientation

Monday, December 1, 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.

Volunteer Meeting

All volunteers are asked to attend a meeting on Monday, November 17. We have much to do!

SPECIAL "Post-Election" NewsTalk

After this historic election Charlotte Dooling will hold a *special* NewsTalk on Wednesday, November 5, from 10-12, for a post election analysis. (Regular Monday meeting, November 3, will be canceled)

FIRST TUESDAY... Lunch talk

On November 4, the first Tuesday of the month Francine Kollias, from The Social Security Administration will speak during the lunch service (12-12:45) on "Help During Hard Times" This informative program will conclude with questions & answers.

THANKSGIVING Celebration

Please pre-register for a grand "Thanksgiving Celebration" on Thursday, November 20. Enjoy turkey dinner and the music of John Rampino. (Lunch is served at 11:45)

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.

Read All About It!

STABLE “Stand Tall & Be Lively & Energetic”

...at the Newton Senior Center. For those concerned with maintaining and improving balance and preventing falls, it is never too late to build muscles and strength. *It is our hope that programs such as those listed below will create a generation that walks strong and straight into the rest of their lives!*

The STABLE Program

Matter of Balance- Sponsored by Newton/Wellesley Hospital, runs 8-weeks. Names taken for wait list. Information & exercise specific to strengthening muscles for balance. Students may not repeat program.

Beyond Balance- Focused strengthening exercise. Pre-register, 8 weeks/ \$40. Program offered on a rolling basis.

Yoga- Chair Yoga (drop-in) and Mat Yoga (drop-in). Small steps to larger gains, in balance. A donation of \$2 a class is suggested.

Muscle Conditioning- Free weights for muscle toning. (Drop-in) A donation of \$2 a class is suggested.

Tai-Chi- Thursdays from 12-1:00, drop-in, beginning in November, sponsored by Newton/Wellesley Hospital. Fitness through slow, deliberate movement.

Wii- FABB Center (Fit and Balanced Brain Center.) Appointments to use this interactive video equipment are available. (The Wii was a gift from the Golden Living Center of Chestnut Hill)

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

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



- Golden Living of West Newton for sponsoring our 2008 Literary magazine “More Bits & Pieces”.
- Bea Carp, in honor of Sylvia Isenberg’s special Birthday.
For Contributions to Our Holiday Fund!
- Karp, Lieberman, Kern, LLC- Sotheby’s International Realty... decorations for our New Year’s Party
- Whole Foods- catering our Thanksgiving Day Dinner

Drop-in Computer Help Returns!

No appointment necessary... just sign-in and wait your turn for answers to simple computer questions. Come to the lower level of the Senior Center and see Sharon on Fridays between 1:00pm & 3:30pm.

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, November 4, 10:30am

See page 14

FIT Fitness into Your Life!

Mondays

LINE DANCING	10:00am	(\$40/ 8 weeks)
BEYOND BALANCE	12:45-1:45	(\$40/ 8 weeks)
	(Strengthening exercises to improve balance)	
CHAIR YOGA	2:00 pm	Drop-in!

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Tuesdays & Fridays

AEROBICS	9:00am	Drop-in!
MUSCLE CONDITIONING	10:30am	Drop-in!

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Wednesdays

MATTER OF BALANCE	1:30-3:30	(8-weeks)
	call 617-796-1665 to be placed on wait list	

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Thursdays

TAI-CHI	12:00-1:00	Drop-in!
	Tai-Chi & Matter of Balance sponsored by Newton/Wellesley Hospital / Partners Healthcare	

CHAIR YOGA 1:00pm Drop-in!

FLOOR YOGA 2:00pm Drop-in!

(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.*

Thank you to UMassBoston for providing student instructors!

Tidbits!

Residential Choices Study

The Gerontology Institute at UMass Boston is conducting a study about the different needs and motivations of the adult child and the parent as related to housing choices. A researcher will be at the senior center in November to find participants for this 15-20 minute computer survey.

FILM BUFF?

Foreign films shown Fridays at 1:00...

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



1st Tuesday Talks

The Newton Senior Center will be holding monthly talks, starting November 4. These talks will take place during our lunch service. The first talk will be presented by Francine Kollias of the Social Security Administration. She will talk about "**Help During Hard Times**". The public should be aware of assistance programs currently available and their limitations. In a time of many questions, you may find that you can get some answers.

An informed citizen is a wise citizen!

Join Jayne Colino,

Director of the Department of Senior Services,

Thursday, November 13....12:00 noon

for a "Dialogue with the Director"



***The Low-Vision Group** meets*

the first Monday of each month, 10:00am. – November 3

Curious About the

Newton Senior Center?

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

State Launches Reverse Mortgage Web Site

The Office of Consumer Affairs and Business Regulation (OCABR) and the Executive Office of Elder Affairs offers information to borrowers interested in "reverse mortgages".

These products are very complicated and state law offers some unique protections for borrowers. Question? call the Division of Banks at 617-956-1500. or go to www.mass.gov/reversemortgage

Newton Senior Center Calendar of Events November 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9-12- Pool Cues 10 Line Dance (pre-register) 10 Low Vision Group 10:30 "The Stories We Tell" 11:45- Lunch - Meatloaf Chicken Salad 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk (canceled) 1 French Lessons 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>4</p> <p>9-10- Aerobics 9-10- Beginning Spanish 10 HealthStop 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch 1st Tuesday Talk "Help During Hard Times" Baked Fish Ham & Swiss 1-Bingo 1:30 Swing Band Election Day!</p>	<p>5</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 10- NewsTalk Election Special 11:45- Lunch- Hot Roast Beef SPECIAL Vic King- piano 1 Movie- "Nobody's Fool" Paul Newman 1- SHINE- pre-reg. 1- Duplicate Bridge 1:30-3:30 Matter of Balance Pre-reg 1-3:30 FABB Center pre-reg 10-2 FLU CLINIC at Post #440</p>	<p>6</p> <p>10- Current Events/ Spkrs 10- Knitting 10-11:30 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Special Talk- Dr. A. Atri Baked Ham Turkey Salad 12-1 Tai-Chi 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>7</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 10:30 Men's Health Club 11:45- Lunch- Stuffed Shells Roast Beef & Swiss Harold Kaswell- Piano 12- Chess Nuts 12-2 Legal Appts. 1-2:30 Drop-in Cmpt. Help 1 Chinese Painting (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>
<p>10</p> <p>9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 11:45- Lunch - Sweet /Sour Chicken Turkey & Swiss 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 French Lessons 1 In Stitches 1 Scrabble 1-Mah Jongg 2- Yoga (chairs)</p>	<p>11</p> <p>Center Closed for Veteran's Day</p>	<p>12</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 11:45- Lunch- Hot Dog Breaded Chicken Pattie Vic King- piano 1 Movie- "Cat on a Hot Tin Roof" (Paul Newman) 1 Duplicate Bridge 1- SHINE re-reg 1:30-3:30 Matter of Balance (Pre-reg) 1-3:30 FABB Center pre-reg</p>	<p>13</p> <p>10- Current Events/ Spkrs 10- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Dialogue w/ Director Fish Florentine Chef Salad 12-1 Tai-Chi 12:30-2 Ald. Stephen Linsky 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats)</p>	<p>14</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Beef Steak Pattie Tuna Salad Vic King - Piano 12- Chess Nuts 1-2:30 Drop-in Cmpt. Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center (Pre-reg.)</p>
<p>17</p> <p>9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 11:45- Lunch - Breaded Baked Fish Roast Beef & Cheese 12:45-1:45 Beyond Balance (pre-reg.) 1 Volunteer Meeting 1- NewsTalk 1 French Lessons 1 In Stitches 1 Scrabble 1 Mah Jongg 2- Yoga (chairs)</p>	<p>18</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 11:45- Lunch Chicken in Cream Sauce Seafood Salad 1-Bingo 1:30 Swing Band</p>	<p>19</p> <p>9-12 Health Clinic 9-10:30 Chamber Music 9-12- Pool Cues 9:30 - Fine Art Studio 10 Faces of History 11:45- Lunch- Chicken Kielbasa Chicken Salad Vic King - piano 1 Movie- "The Sting" Paul Newman 1- Duplicate Bridge 1- SHINE 1:30-3:30 Matter of Balance (Pre-reg) 1-3:30 FABB Center pre-reg</p>	<p>20</p> <p>10- Current Events/Spkrs 10- Knitting 10-11:30 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Thanksgiving Celebration (music & dancing) 12-1 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursdays Games 1:30 - French Salon 2-Yoga (mats) 27 Happy Thanksgiving Center Closed</p>	<p>21</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Stuffed cabbage Turkey & Cheese Harold Kaswell- - Piano 12- Chess Nuts 1-2:30 Drop-in Cmpt. Help 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>
<p>24</p> <p>9-12- Pool Cues 10 Line Dance (pre-register) 10:30 "The Stories We Tell" 11:45- Lunch - Eggplant Parmesan Tuna Salad 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 French Lessons 1 In Stitches 1 Scrabble 1 Mah Jongg 2- Yoga (chairs)</p>	<p>25</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30-11:30 Intermediate Spanish 11:45- Lunch Beef Stew California Chicken Salad 1-Bingo 1:30 Swing Band</p>	<p>26</p> <p>9-12 Health Clinic 9-10:30 Chamber Music. 9-12- Pool Cues 9:30 - Fine Art Studio 10 Drop-in Geneology 11:45- Lunch- Macaroni & Cheese Roast Beef & Swiss Center closes at 1:00 for Thanksgiving Day Holiday</p>	<p><i>Special pre-registered dinner at 12:00 noon</i></p>	<p>28</p> <p>9-12- Health Clinic 9-10 Aerobics 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Chicken/ Broccoli/ Cheese Seafood Salad Vic King Piano 12- Chess Nuts 1 Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center (Canceled)</p>
	<p>November</p> <p>"Alzheimer's Awareness Month"</p>	<p>During the annual Medicare Open Enrollment Period (November 15 – December 31), you can CHANGE your plan to one that best meets your needs. This change will be effective on January 1, 2009. (See page page 10.)</p>		

Information Station

NEWTON UPPER FALLS SENIORS

Emerson Community Center

52 Pettee Street, Newton Upper Falls

“NOVEMBER”

November 5... Peter O'Malley, magician

November 12... BINGO

November 19... Mark Michaels, singer/guitar

November 26... Roast the turkey! Enjoy!

Entertainment starts at 10:00am

Refreshments served, guests welcome!

Pneumonia Clinics

The Department of Health and Human Services will sponsor pneumonia clinics for Newton residents.

Wednesdays...

November 12 December 10 January 14.

2 – 4 pm... City Hall, room 202

Call 617-796-1420 for an appointment. Ages 65 + or those with chronic illness are eligible.

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 commodes, shower chairs and benches, and canes.

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.

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.

Find the Newton Senior Center on the web at www.newtonseniors.org

****Medicare Alert****

Medicare prescription drug plan or Medicare private health plan changes for 2009 may include:

- drugs that will no longer be covered
- increased monthly premiums
- increased co-pays for drugs, doctors' visits or hospital stays

NOW is the time to learn how your plan may be changing and review other plans that are available to you. During the annual Medicare Open Enrollment Period (November 15 – December 31), you can **CHANGE** your plan to one that best meets your needs. This change will be effective on **January 1, 2009**. Details about plans are now available by calling 1-800-MEDICARE or visiting www.medicare.gov. You may also receive help by meeting with a SHINE Counselor, call 617-796-1660.

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!

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

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

November is National Alzheimer's Disease Awareness Month

Approximately 5 million Americans have Alzheimer's disease (pronounced *AHLZ-hi-merz*) disease. Alzheimer's disease (AD) is one of several disorders that cause the gradual loss of brain cells. Common symptoms include a loss of memory, problems with reasoning or judgment, disorientation, difficulty in learning new information, loss of language skills, and decline in the ability to perform routine tasks. Some change in memory is normal as we grow older; however people with Alzheimer's disease experience difficulties severe enough to have an impact on work, social activities, and family life. *To help family members recognize warning signs of Alzheimer's disease, the Alzheimer's Association has developed a **checklist** of common symptoms.*

- 1. Memory loss-** forgetting recently learned information.
- 2. Difficulty performing familiar tasks-** finding it hard to complete everyday tasks.
- 3. Problems with language-** forgetting simple words or substituting unusual words.
- 4. Disorientation to time and place-** getting lost on one's own street; forgetting where one is and how one got there; and not knowing how to get back home.
- 5. Poor or decreased judgment-** dressing without regard to the weather: wearing several shirts or blouses on a warm day or very little clothing in cold weather.
- 6. Problems with abstract thinking-** forgetting what the numbers are and how to use them.
- 7. Misplacing things-** putting things in unusual places: (ex.) keys in the freezer
- 8. Changes in mood or behavior-** rapid mood swings for no apparent reason.
- 9. Changes in personality-** being extremely confused, suspicious, and fearful
- 10. Loss of initiative-** acting very passive: sitting and sleeping a lot, lethargic, etc.

*If you recognize any warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care, and support services. There is no cure for Alzheimer's disease. However, there are several drug treatments that may improve or stabilize symptoms and several care strategies and activities that may minimize or prevent behavioral problems. *Early diagnosis and treatment is important.* For more information: on line www.alz.org or call 1-800-548-2111.*

A leading researcher of Alzheimer's disease, Dr. A. Atri will speak at the Newton Senior Center about the current research findings for Alzheimer's Disease at 12:00 noon on Thursday, November 6. This lunchtime talk is open to the public.

Fuel Assistance

Action for Boston Community Development (ABCD) provides fuel assistance to low income households in Newton, Brookline & Boston. Applications are accepted between October and March. ABCD has an *authorized site* at Newton City Hall. For an appointment, call 617-796-1420 after October 1 from 9 – 4. Please bring the following documentation to your appointment, 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).

Food Stamps are Easier to Receive

Food stamps help low-income households in Massachusetts buy food. Massachusetts residents who use food stamps can spend the money they save to help pay their other bills. The Massachusetts Department of Transitional Assistance (DTA) now has simplified a food stamp application for Elderly applicants. There are income and asset eligibility guidelines. For more information or to apply, call Meghan Kennedy at 617-796-1672 or Kathy Laufer at 617-796-1663.

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*

Newton Free Library... Druker Auditorium

330 Homer St., Newton, MA 02459

Monday, November 3... 6:30 pm



Special Veterans' Day Program

Brain Injury Exposed: TBI and Our Vets with Lee Woodruff
For a complete listing of November Programs visit our website at www.newtonfreelibrary.net.

Or call **617-796-1360**

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“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

*Your loved one can also be placed in the local database of potential wanderers by calling the Newton Police Department, 617-796-2100 ( non-emergency)*

## **BE PREPARED!**

New England Winter is almost here. Make arrangements for snow removal NOW! We suggest you call local landscape companies and ask neighbors and friends who they use.

*Don't be snowed in... be prepared!*



## **Weather Closings**

Weather closing announcements

for the senior center are made on:

WRKO Radio-- Channel 7 News-- Newton Cable-NewTV *and* on the senior center phone recording (617-796-1660).

## **Circuit Breaker!**

*Homeowner and Renters—It's not too late!* Seniors age 65+ can still apply for the 2005, 2006, and 2007 Senior Circuit Breaker rebate of real estate taxes. If you own or rent you may be entitled to a rebate from the state. (If 10% your income, including social security is less than your real estate taxes or 25% of your rent.) You are **not** eligible if you live in subsidized housing. There are income and assessment limits for application. Call the Senior Center today for an appointment with our tax advisors, 617-796-1660.

# "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. \$40 for 8 weeks
- ***Chinese Painting***- Fridays, 1:00 Find your creative self in this ancient art. \$35 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

## Art Appreciation

This group meets on alternate Thursdays from 10:00am-11:30am (see calendar). The curriculum includes artists from a variety of disciplines.

*Everyone is invited to "open their eyes".*

# Nurse's Notes

## Alzheimer's Disease and Prevention

By Monique Bleriot, RN

Alzheimer's disease is a brain disorder that affects memory, judgment, reasoning, behavioral and emotional control. It is progressive and irreversible. At least 4 million Americans are affected by it. From the onset of symptoms to death is usually about 8-10 years. The most noticeable change occurs in recent, not long-term memory.

The risk factors for this disease are age, family history, genetics and heart disease. Most people with Alzheimer's are age 65 or older. If you have a family member afflicted with Alzheimer's disease, you are more likely to develop Alzheimer's disease yourself. Both heredity and the environment are thought to contribute to the development of this disease. Heart disease, high blood pressure, stroke and high cholesterol also can lead to Alzheimer's disease as does any condition that damages the heart or blood vessels preventing a good blood flow to the brain.

Research has shown that there are things that one can do to slow down the progression of Alzheimer's disease. This involves proper nutrition, stress management, exercise and medication. Good nutrition includes fresh fruit and vegetables and whole grains and fish, turkey and chicken. Having a good support and social system is vital. Isolation can accelerate symptoms. Exercise can reduce your risk of getting Alzheimer's disease by 50% as it nourishes your brain. Puzzles, board games and learning new skills are also helpful. The key is to remain physically and mentally active. Sometimes medications such as Aricept and Namenda are used to improve memory and to slow down the disease. Not all memory changes are a result of Alzheimer's Disease so it is important to speak with your physician about memory concerns. *If you have questions, please call the public health nurses at 617-796-1420. HealthStop this month will be held on Tuesday, November 4, at 10:30. All are welcome to attend and ask questions related to concerns about memory. (Please note that Dr. Ali Atri will speak at the center on Thursday, November 6 at 12:00 noon, about his groundbreaking research in Alzheimer's Disease.)*

**HealthStop** will focus on **Alzheimer's Disease & Memory Disorders-**  
Tuesday, November 4, 10:00am.

### NEWTON AT HOME

**Newton at Home**, a new local organization, aims to help Newton seniors "age in place" in their own homes comfortably, safely, and with peace of mind. NAH is currently conducting a survey supported by the Senior Center, available online at [www.newtonathome.org](http://www.newtonathome.org) Hard copies are available at the Senior Center.

### Keep Warm ~ Keep Safe

*Heating is the #2 cause of fires in Massachusetts. Heat your home wisely!*

1. Make sure smoke alarms and carbon monoxide alarms have fresh batteries.
2. Use fireplaces and solid fuel stoves safely. Have them cleaned regularly.
3. Give space heaters "space". Do not use as a #1 heat source. Turn off when sleeping.
4. Have furnace & hot water heater checked annually. Keep oil tank above ¼ filled.
5. Do not use kerosene heaters as they are *illegal* in Massachusetts.

# 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 **November 7, at 10:30 a.m.**

## Health Insurance

### **The Squeeze**

Nostalgia is bittersweet. I recall when Blue Cross/Blue Shield served as my Get-Out-Of-(Hospital-Doctor's Office)-Free card. I presented the card and kept my wallet in my pocket. I also remember when "text" was a noun and the Tooth Fairy actually paid us. Bob Dylan was right: "the times, they are a-changin'."

A current estimate is that 46 million Americans have no health insurance. Another 25 million are "underinsured," a term used to describe an insured person whose medical bills amount to 10% or more of his income (5% for low income folks). Both categories – let's call them the "**unsured**" – make up 42% of the under-65 population, for whom getting adequate appropriate health care is unduly burdensome. Today those fortunate enough to have health insurance are responsible for paying health insurance premiums, co-pays, and non-covered charges – fees which all grow substantially each year. The value crunch is two-sided. Health insurance policies cost more – up 91% from 2000 to 2007 – and they cover less as patients become responsible for more of the bill. Being insured is no longer synonymous with being covered.

### **The Financial Effects**

**Unsured** patients have been known to use their savings, take out loans, incur credit card debt and re-mortgage or even sell their homes to pay for their health care. In some cases, medical bills interfere with families' ability to pay for food, heat, or rent. A paradoxical unfairness of the system is that an ill or injured out-of-work employee is at risk of losing his/her health care coverage as well as his/her salary at precisely the worst time.

A 2005 Harvard Medical School study identified unpaid medical bills as the leading cause of personal bankruptcy in the U.S., affecting roughly 2 million people in 2001. Insured patients averaged over \$13,000 in uncovered expenses; cancer patients, nearly 3 times as much. Can you guess what those numbers would be in today's economic climate?

### **The Health Impact**

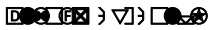
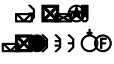
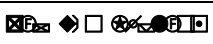

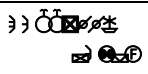



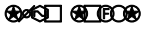

The average person, facing rising bills of all kinds is trying to limit his/her medical expenses and some do this by seemingly unrelated choices: marrying sooner/ divorcing later to keep couples on a company health plan; retiring later; moving to a more health-care favorable state. *Even more* insidious are the direct health care choices people may make: avoiding appointments for preventive care: Pap smears, mammograms, immunizations, colonoscopies, blood pressure checks, cholesterol and diabetes screening. Some leave medication prescriptions unfilled, while others take partial doses in the hope of getting enough benefit to justify the monetary saving. As a result, **unsured** people are treated incompletely, diagnosed later and dying earlier.

### **The Senior Moment**

Most studies of underinsured people refer to those under 65, but a 2008 Commonwealth Fund study found that 7 million Americans over age 65 (19%, compared with 41% of adults under 65) reported similar problems with medical bills. Seniors are somewhat protected from the possibility of facing devastating health care expenses by the Medicare system and related programs, but according to the numbers quoted, that protection is incomplete. Next month, we will look at the ABCs (and now Ds) of Medicare and how it helps to protect seniors.

# OVER 55 November 2008

[WWW.CI.NEWTON.MA.US/PARKS](http://WWW.CI.NEWTON.MA.US/PARKS) CLICK ON "OVER 55" or call Nancy at 617-796-1506  
**Newton Department of Parks & Recreation**

|                                                                                     |                                                                                                                                                               |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Friday mornings at Boston College swimming pool from 10-11am, Call to register, 617-796-1506.                                                                 |
|    | Thursdays 11:30 -4, <b>Golf &amp; Scat</b> at the Scandinavian Living Center, 206 Waltham Street. Mondays, 10-3, <b>Cribbage</b> , 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.<br><i>Mid Morning Walkers</i> beginning- Tuesday & Friday mornings, call to register. |
|    | Ballroom & Line Dancing- <i>Emerson Community Center, Newton Upper Falls</i><br>Helen Murphy plays your favorites. \$2 donation.                              |
|    | <b>Pilates</b> - 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.                                                                                                         |
|  | Fall Foliage Tour, Salem Cross Inn- November 12. See "42 <sup>nd</sup> Street" at the North Shore Music Theatre- November 19. Call to register.               |
|  | Low impact aerobics classes. Classes ongoing. Call for information.                                                                                           |
|  | Fairly serious game for older athletes. Contact John Stewart, 617-969-0950 or <a href="mailto:stewnewton@comcast.net">stewnewton@comcast.net</a>              |
|                                                                                     |                                                                                                                                                               |

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

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