



September 2005

Welcome Back!

With the new month we welcome back many programs that suspended for the summer months. See below:

- *Choral Group* (The Silver NewTones) – Wednesdays, 1-3:00... September 7
- *SHINE* (Serving Health Information Needs of Elders)- Wednesdays, by appointment, 1-3... September 7.
- *Cribbage Lessons*- Thursdays, 10-11:30... September 8.
- *Legal Consultation* (by appointment)- usually 1st Friday, 12-2... September 9, due to Labor Day.
- *Gems of Jazz*- Saturdays, 10-12... September 10
- *Computer Classes* (see p. 5)... September 12
- *Sewing Group*- Mondays, 1-3:45... September 12
- *Spanish Classes*- Tuesdays, 9-10/10:30-11:30... September 13.
- *Feel Good*- Wednesdays, 1-2... September 14
- *Greater Boston Senior Computer Group*- 2nd Wednesday, 9-12:00... September 14, (see p.5)

*

The Newton Senior Center will be closed on Monday, September 5, for the Labor Day Holiday.

SPECIAL THIS MONTH AT THE NEWTON SENIOR CENTER

- *Film classics* on Saturdays, 12:00- see calendar
- *Pizza Party*, Tuesday, September 6, 11:45- see p4.
- *Computer Teacher Meeting*, Wednesday, September 7, 11:30.
- *Computer Class Registration*, Wednesday, September 7, 10:00
- *Parenting Adult Children*, starts Monday, September 12- see p.11
- *Farmer's Market Coupons* distributed, Thursday, September 15- see opposite column.
- *Sex After 60*- Wednesday, September 21, see p.4
- *Housing Forum*- Wednesday, September 28, see p.4

Entertainment Books 2006 available at the Newton Senior Center, *beginning this month!* \$25 buys you coupons for food, entertainment, travel... dry cleaning, car rentals, etc. Your purchase saves you money and raises funds for the Senior Center. They make a great gift!

Farmer's Market Coupons

Representatives of Springwell will distribute Farmer's Market coupons at the Senior Center on Thursday, September 15, from 10-11:30. The number is limited and will be given in order of arrival. *1 packet per household*. Please bring identification showing proof of age and home address.



Used Clothing Sale

The Newton Senior Center is now accepting donations for the Annual Used Clothing Sale. Please bring clean, wearable clothing and accessories (no house wares, please!) to 345 Walnut St. This is a major fund-raiser (as well as FUNraiser!) and we appreciate your support. *The Annual Used Clothing Sale will be held on Saturday, October 29, from 10:00-3:00. This is the place to get those warm winter clothes, coats, special items, etc. and COSTUMES! Spread the word!!!*

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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 & 10:00-4:00 Saturday



Staff

| | |
|------------------------|----------------------------|
| Jayne Colino | Director |
| Alice Bailey | Administrative Coordinator |
| Joanne Fisher | Program Coordinator |
| Kathy Laufer | Clinical Social Worker |
| Ana Gonzalez | Outreach Worker |
| Lucy Wentzell | Week End Coordinator |
| Lucy Bedigian | Lunch Site Manager |
| Camille Pelligrini | Assistant Site Manager |
| Bill & Ruth | Transportation |
| Bernadette Castellanos | Nurse |
| Cornelia Culici | Nurse |
| Elaine Sullivan | Nurse |
| Carlene Kelly | Receptionist |
| Timothy Dart | Custodian AM |
| Ken Doucette | Custodian, PM |

Coming of Age SUBSCRIPTION FORM

I would like to receive "Coming of Age" monthly at my home. Enclosed is my payment of \$6 for a subscription ending July 1, 2006.

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).

PLEASE NOTE: 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

***All of our programs are handicapped accessible.
Please call ahead to arrange for specific needs***

Disclaimer- We thank the advertisers featured in this newsletter for their support. It is their support that makes 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.



Senior Transportation Services

- **Medical Transportation-** for Newton Seniors to medical appointments within the City of Newton and some destinations within 2 miles of the city. *Reserve 3 days ahead.* Please call 617-796-1288 to reserve. **Vouchers at a suggested voluntary donation of \$2 each** way are available at the Senior Center, or by mail, by calling 617-796-1660.

- **The Shopper's Bus** will take you for weekly marketing. Door-to-door service & assistance with bundles provided. Please call 617-796-1288 to reserve.

There is a suggested voluntary donation of \$2 round trip

- **Transportation to the Newton Senior Center-** Service 6 days a week. Reserve by 4:00 the previous day. Pick-ups begin at 8:30. Returns through the day until 3:45. Saturdays begin at 10:00. Please call 617-796-1660 to reserve.

There is a suggested voluntary donation of \$2 each way.

A **Punch Card** is available at the Newton Senior Center, good for 30 rides with no expiration date. The suggested, voluntary donation of \$30 is a savings of half price over individually paid rides.

These services are provided regardless of donation.

These services are funded in part by Springwell.

"OTHER TRANSPORTATION SERVICES"

Busy Bee Medical Transportation – medical transportation to towns surrounding Newton and major medical buildings in Boston. This service has a suggested donation of \$4.00 each way and requires advance reservations.

Call 1-800-427-0230 for more information.

"The RIDE"- Call 617-222-5123 to find if you are eligible. This is transportation for those who can't use public transportation, due to a disability. Rides seven days a week to Newton and surrounding areas for \$1.50 each way. *Handicapped accessible, advance reservations required, pre-registered riders only.*

What's Happening at the Senior Center

Prostate Cancer Support Group

Man-to-Man- First Friday of each month, 10:30 AM. This month's meeting is, September 2. This is a Prostate Cancer Support Group, sponsored by the American Cancer Society, for survivors and those currently being treated. *Questions???* Call 617-796-1660.

HEALTH STOP

Elaine Sullivan, RN from the Health Department, will talk about current health issues on the 2nd Monday of each month at 10:30 AM. All welcome! *This month on September 12, hear about "Ovarian Cancer"*.



SHOPPERS pre-register to take the Senior Center Van to Walmart in Framingham, on Monday, September 12. *Your pre-payment of \$2 holds your seat.* Depart Center-10, return- 2. *Please cancel as soon as possible so we can fill the seat! (There is always a waiting list.)*

Parlez Vous Francais

Brush up your French language skills at a weekly "salon" at the Newton Senior Center. Come and converse in French about French related subjects. The group will gather on Thursdays at 1:00pm in the Library Lounge. Please drop-in!

Volunteer Meeting

Volunteers!!! We have much to do to prepare for the Fall... Please attend our meeting on Monday, September 19 at 1:00.

PIZZA Party

Please pre-register for a *pizza lunch* sponsored by Newton Health Care Center on Tuesday, September 6, at 11:45, at the Newton Senior Center. We ask the usual donation of \$1.75. There will music and dancing to celebrate Labor Day!

Sex After 60

The fire still burns, and it is time to speak frankly. Suki Hanfling of the Institute of Sexuality and Intimacy, will speak at the Newton Senior Center on Wednesday, September 21, at 10:30 am. This program will address the realities, concerns and joys of sexuality as we age. All welcome!



Housing Forum

The Newton Senior Center will host a Housing Forum for those seeking information about the many kinds of housing available in and around Newton for Senior Citizens. This is the place to come to learn the vocabulary and become acquainted with subject in general and some housings specifically. Representatives will be here to answer questions. Our Social Worker, Kathy Laufer will lead the panel and offer her guidance. All welcome! Wednesday, September 28. 10:00 AM/

More... What's Happening



Computer Bulletin Board

*We offer classes for
Beginners, Internet, Quicken & Word Processing*

Wednesday, September 7, 10:00

***Computer Class Orientation/ Registration-**

Wednesday, September 14- 9-12:00

***The Greater Boston Seniors Computer Group**

“Lower the Stress by Keeping Your Computer Healthy”

Dues are \$3 per meeting or \$20 per year.

For more information contact Eve Welts

781-894-4948. Ewelts@rcn.com

***The Low-Vision Group will meet on Monday September 12,
at 10:00AM. All welcome for support and information.***

**This meeting is not the 1st Monday of the month due to Labor Day.*

" Music in September! "

- *Friday- September 2 – 11:45... Lunchtime piano with **Harold Kaswell.***
- *Tuesday, September 6- 11:45... **John Rampino** will play for our Pizza Party!*
- *Wednesday, September 7- 11:45...Lunchtime piano with **Victor King.***
- *Friday- September 9 – 11:45... Lunchtime piano with **Victor King***
- *Wednesday, September 14- 11:45... Lunchtime piano with **Victor King.***
- *Friday, September 16- 11:45... Lunchtime piano with **Harold Kaswell.***
- *Wednesday, September 21- 11:45... Lunchtime piano with **Victor King.***
- *Wednesday, September 23- 11:45... Lunchtime piano with **Victor King.***
- *Friday, September 30- 11:45... Lunchtime piano with **Harold Kaswell.***

TOUR THE SENIOR CENTER

If you wish to have a tour of our Senior Center and learn about our programs and services, please call Joanne at 617-796-1670 for an appointment.

We would love to welcome you!



REMINDER!

Primary election day is Tuesday, September 20.

The municipal election day is Tuesday, November 8.

The polls are open from 7am to 8pm.

***Join Senior Center Director, Jayne Colino,
for a "Dialogue with the Director"
Tuesday, September 27 at 12:00.***

Many Thanks to the following- :

- Newtonville Pet Store for donating fish for our fountain.
- Cabot's Ice Cream for donating ice cream & toppings for our "ice cream party".
- Weekly flowers from Kabloom!
- Rotary Club for their annual donation.
- Eleanor Coen for her donation in appreciation of our literary magazine.

The Women's Bar Foundation...

Elder Law Project

The Newton Senior Center is pleased to host the *Elder Law Project of the Women's Bar Foundation*. (This service is different from the service offered monthly at the Senior Center by the Boston College Elder Legal Services which is a free 15 minute consultation by law students overseen by a law professor.) The Elder Law Project is a "one-time" opportunity for those who qualify (see below) to:

- Have a Will drawn up
- Assign Power of Attorney
- Sign a Health Care Proxy
- Sign a Homestead Declaration

This program is designed for those who cannot afford the services of a private attorney and **only** those falling within the guidelines will be seen.

- Income not exceeding \$22,150- includes Social Security; Supplemental Security Income; Vet. benefits; wages; pensions; rental income, investments, retirement funds (including IRAs.) Annuities, business interests, etc.
- Assets- a primary residence, equity value not exceeding \$400,000 – All other assets not exceeding \$35,000 includes: property, bank accounts, stocks/ bonds, retirement accounts, value of insurance policies, pension funds, etc.

Call 617-796-1660 for an appointment. All appointments will be held on Friday, October 21, at 1:00 and 2:00. You will be scheduled for a return visit on Friday, December 2, for a shorter meeting to have papers notarized and executed.

The final day to register for an appointment is October 7. No exceptions.

Please bring any relevant documents at time of appointment such as: insurance policies, existing will, health care proxy, durable power of attorney, names and addresses of potential beneficiaries.

Did You Know?

Santa works 12 months a year. If you are a knitter, crocheter or crafter, see us for supplies and bring them back completed for our "**Giving**" program. The Senior Center will distribute collected items to grateful recipients *all year long*.



The Perfect Gift? Newton Throw

The Newton Council on Aging offers "Newton Throws" in 4 colors. Each one depicts eleven Newton landmarks and are available for purchase at the Newton Senior Center for \$50 each. A portion of this goes to the Newton Council on Aging. **VISIT OUR STORE for these and MORE!**

Senior Citizen Parking Stickers are available only at the Newton Senior Center. *Newton residents, 65 years and older must bring a license and registration, both showing a Newton address, at the time of purchase. Additionally, those with leased cars must bring a copy of the lease agreement at time of purchase. New stickers are good for a two-year cycle at a cost of \$6. Senior Citizen parking stickers are good for all municipal lots in the city, 1-hour & 3-hour meters only.*



- ✓ Police/ Fire/ Medical emergency: 911
- ✓ Police non-emergency: 617-796-2100
- ✓ Fire non-emergency: 617-796-2200
- ✓ City Hall Customer Service: 617-796-1000
- ✓ Newton Senior Center: 617-796-1660

If you need help and cannot speak

FIRST dial 911 – (touch tone phones only)

Then press the appropriate number:

PRESS 1 Police

PRESS 2 FIRE

PRESS 3 AMBULANCE

The Newton Police Department can help to get oil or temporary shelter as needed. Call the non-emergency Police number, 617-796-2100 for assistance.

ELDER ABUSE HOTLINE: 1-800-922-2275

The Lifespan Social Relations and Health Research Group at Brandeis University seeks those 60 and older with Osteoarthritis (hip or knee) who suffer regular pain for a study of coping with chronic illness. Two 90 minutes meetings are required, about 12 months apart. Participants will be asked questions about their physical and psychological well-being, relationships and coping experiences. Compensation is \$20 per meeting.

Please call Kelly Cotter at 781-736-3254 for more information or to find out if you qualify for this study.

September 2005 (Programs subject to change)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|------------------|--|---|--|
| | | | |
| <p>4</p> | <p>5</p> <p style="text-align: center;">Center Closed for the Labor Day Holiday</p> | <p>6</p> <p>9:00-10:00- Aerobics 10:30 Muscle Conditioning 11:45-Lunch- Pizza Lunch Special 1- Book Club 1-Bingo 1:30 - Swing Band</p> | <p>7</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Arts Class 10- Computer Orientation & Registration 11:30- Computer teacher meeting 11:45- Lunch- Build a Burger Special Victor King- piano 1- Choral Group 1-Duplicate Bridge 1-SHINE</p> |
| <p>11</p> | <p>12</p> <p>9-12- Pool Cues 10-12 Low-Vision Group 10-2 Van to Walmart 10:30-12- Fine Arts Workshop 10:30- Health Stop 10:30- 3-D Art 11:45- Lunch- Hot Dog/ Ham & Cheese Platter 1- Sewing 1- Parenting Adult Children 1:00 Scrabble 2-Yoga (chairs)</p> | <p>13</p> <p>9:00-10:00- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Manicotti/ Turkey & Cheese Platter 1-Bingo 1:30 Swing Band 1:30 Matter of Balance (pre-reg)</p> | <p>14</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 10-1 Computer Group meets 11:45- Lunch- lemon Pepper Fish/ Chicken Fajita Salad Victor King- piano 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE</p> |
| <p>18</p> | <p>19</p> <p>9-12- Pool Cues 10:30-12- Fine Arts Workshop 10:30- 3-D Art 11:45- Lunch- Fish tenders/ Ham & Cheese 1- Volunteer Meeting 1- Sewing 1- Parenting Adult Children 1:00 Scrabble 2-Yoga (chairs)</p> | <p>20</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Roast Chicken/ Tuna Salad Platter 1-Bingo 1:30 Swing Band 1:30- Matter of Balance (pre-reg)</p> | <p>21</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 10:30 Sex After 60 11:45- Lunch- Pot Roast/ Chef Salad Victor King- piano 1- Feel Good 1- Choral Group 1- Duplicate Bridge 1-SHINE</p> |

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|------------------|--|--|--|
| <p>25</p> | <p>26 9-12- Pool Cues 10:30-12- Fine Arts Workshop 10:30- 3-D Art 11:45- Lunch- Stuffed Pepper/ Egg Salad Plate 1- Sewing 1- Parenting Adult Children 1:00 Scrabble 2-Yoga (chairs)</p> | <p>27 9-10- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Roast Pork/ Chicken Salad Plate Dialogue w/ Director 1-Bingo 1:30 Swing Band 1:30 Matter of Balance (pre-reg)</p> | <p>28 9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 10:00 Housing Program 11:45- Lunch- Chicken Parmesan/ Seafood Salad Victor King- piano 1- Feel Good 1- Choral Group 1- Duplicate Bridge 1-SHINE</p> |
|------------------|--|--|--|

| THURSDAY | FRIDAY | SATURDAY |
|---|--|---|
| <p>1 9:30-11:30 Bridge Lessons 10-Retirees Club 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Pier #17 Fish/ Ham & Cheese 12:30- Ceramics (pre-registered) 1:00- French Salon 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>2 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 10:30- Man to Man 11:45- Lunch- Chicken Keilbasa/ Turkey Salad Harold Kaswell- piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>3 10:00-4:00- Pool Cues 10:30- Aerobics 12:30- movie- "An Affair to Remember" 2:00- Yoga (chairs)</p> |
| <p>8 9:30-11:30 Bridge Lessons 10-Retirees Club 10- Cribbage Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Roast Turkey Dinner/ Roast Beef Platter 12:30- Ceramics (pre-registered) 1:00- French Salon 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>9 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Chicken Cacciatore/ Seafood Salad Victor King on Piano 12-2 Legal Appointments 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>10 10- Gems of Jazz 10:00-4:00- Pool Cues 10:30- Aerobics 12:30- movie- "All Quiet on the Westernn Front" 2:00- Yoga (chairs)</p> |
| <p>15 9:30-11:30 Bridge Lessons 10- Farmer's Market Coupons 10-Retirees Club 10- Cribbage Lessons 10:30- Mandarin Chinese(canceled) 10:30- Knitting 11:45- Lunch – Hawaiian Roast Pork/ Turkey Salad Plate 12:30- Ceramics 1:00- French Salon 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>16 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Chicken Papricka/ Roast Beef Plate Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>17 10- Gems of Jazz 10:00-4:00- Pool Cues 10:30- Aerobics 12:30- movie- "Annie Hall" 2:00- Yoga (chairs)</p> |

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|---|--|---|
| <p>22</p> <p>9:30-11:30 Bridge Lessons 10-Retirees Club 10- Cribbage lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Veggie Quiche/ Turkey Salad 12:30- Ceramics 1:00- French Salon 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>23 9-12- Health Clinic</p> <p>9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Turkey Dinner/ Roast beef Plate Victor King on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | <p>24</p> <p>10- Gems of Jazz 10:00-4:00- Pool Cues 10:30- Aerobics 12:30- movie- "Bridge on the River Kwai" 2:00- Yoga (chairs)</p> |
| <p>29</p> <p>9:30-11:30 Bridge Lessons 10-Retirees Club 10- Cribbage lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Beef Stew/ Tuna salad 12:30- Ceramics 1:00- French Salon 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p> | <p>30 9-12- Health Clinic</p> <p>9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Tune Noodle casserole' Turkey & Swiss Plate Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p> | |

For Your Information



SHINE Counselors answer questions regarding health insurance coverage. Please call 617-796-1660 for a private and confidential appointment.

SHINE

Serving Health Information Needs of Elders, is a program of the State Executive Office of Elder Affairs and the Needham Council on Aging.



Health Maintenance Clinic Hours

Nurses from the Newton Health Department are available at the Newton Senior Center on Wednesdays & Fridays from 9:00-12:00, to take blood pressure and answer your health related questions. *For further information call The Newton Health Department at 617-796-1420*

City of Newton Senior Citizen Tax Relief Programs

- **"Property Tax Work-Off Program"**
Eligible Senior Citizens may volunteer in municipal departments and have their time applied toward a reduction in property taxes. *This income is taxable.*
- **"For Older Citizens" (Clause 41C)**
Eligible Senior Citizens are entitled to a \$1,000.00 exemption.
- **"For Older Citizens: Tax Deferral" (Clause 41A)**
Eligible Senior Citizens are entitled to defer (delay) payment of any portion of their property bill. *To find out about this & other property tax relief programs call the Assessors Office, Newton City Hall- 617-796-1160*

**"You can't help getting older,
but you don't have to be old."**

George Burns

The Jewish War Veterans are looking for members to join the Newton/ Brookline Post #211. Veterans & non-Veterans welcome.

Please contact Commander Ed Traiger at 617-969-8597 or George Marshall at 617- 965-0141.

SENIOR CENTER MEALS

The Newton Senior Center serves

Lunch every Monday-Friday at 11:45.

- Reserve by calling 617-796-1660 by 11:00 the previous day. Choose your menu at this time.
- Reservations are forfeited after 12:00.
- Please cancel your reservation by 11:00 the previous day or lose the privilege of reserving lunch, if this happens 3 times in 30 days.
- Those not reserved will be asked to wait until 12:00 when we will serve them if there is food available.
- A donation of \$1.75 is suggested per meal.
- *Springwell*, makes these lunches possible.

Baked goods are provided by *Entenmann's Baked Goods*.

Canceling Transportation to the Senior Center

The Newton Senior Center provides door-to-door transportation daily for Newton Residents upon request. (See p.3).

- Riders must call and cancel at least 1 hour before scheduled pick-up.
- Riders who fail to cancel 3 times in 30 days will forfeit this service for the next 30 days.
- Riders will be reminded each time they fail to cancel.



Watch NEW TV - your Cable Access Station

- **"View From The Hall"**- Mayor Cohen hosts! *Monday-Sunday 6AM, 2PM, 5PM, Tuesday-Friday 7:30PM*
- **Mayor's Press Conference**- *Monday-Friday 12PM, 3PM, 6PM*
- **"Spotlight on Seniors"**- *Monday 12:30PM- Thursday, 10AM, 4:30PM- Saturday, 2PM & Wednesday 6:30PM (Channels 9, 10, 15, depending on your cable provider)*

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**The Newton Senior Center** airs its own 30-minute program, **"Coming of Age"**, on the (Red Channel).

*Channel 9 on Comcast / Channel 13 on RCN. Monday-Friday 3PM , 5:30PM Saturday & Sunday 8:30AM*

## FROM THE DESK OF OUR SOCIAL WORKER

The Social Services Staff of the Newton Senior Center is available to individuals and families. Please call the Center to leave a confidential message with Kathy Laufer or Ana Gonzalez, if you would like some assistance. (617-796-1660).



### Contemporary Issues of Parenting Adult Children

Parenting adult children presents many challenges in today's world - long distance relationships; divorce & remarriage; step, special needs and adopted grandchildren; financial (in)dependence; modern technology. The group meets **Monday** afternoons at 1PM, beginning September 12, in the Library-Lounge to discuss these issues. For more information, please call Kathy Laufer at 617-796-1660.

### Donations to the Social Service Department

The social service department at the Newton Senior Center has initiated a program of recycling used durable medical equipment and other small household items. Our hope is to provide seniors, who have limited health insurance or finances, with needed items at no cost. We will accept equipment that is *gently used and in good working order*. Currently we are in need of light-weight wheelchairs. If you would like to donate these or other items **or** are in need of an item, please call Ana or Kathy at 617-796-1660.

## BEREAVEMENT: LIVING AFTER A LOVED ONE HAS DIED

Grieving is a natural process. There are physical and emotional reactions. The physical reactions include numbness, shortness of breath, tightness in throat, heavy chest and feeling of emptiness. The emotional reactions to normal grief include resentment, anger, frustration, fear, depression and hopelessness.

There are phases to the grief process including:

- Initial period of numbness
- Yearning and searching for the lost one
- Period of disorganization, despair and anger
- Period of reestablishment

After such a loss, we need to express our feelings and talk about our loved one for months and sometimes years after the death. Time does help if the survivor has someone with whom to talk. The survivor cannot be rushed through their grieving process. Eventually "normal life" will return but it will be a different life from the one before the death.

We will talk about the phases of grief, self-care, family dynamics, and coping with holidays and other special days. Group members will also have the chance to share memories about their loved one.

**Please join us for a support group at the Newton Senior Center. We will meet on Tuesdays from 1 – 2:30 in the Library Lounge. The group will begin October 11, 2005 and will run for 8 weeks. For additional information or to register call Alison Wintman, Social Work Intern or Kathy Laufer, LICSW at 617-796-1660.**



**BOOK CLUB** will resume on *Tuesday, September 6*, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book Gilead by Marilynne Robinson. Please join us and help plan future meetings.

# Services for You

## **BROKEN APPLIANCES?**

The fix-it fellas will attempt to repair your small appliances.

Bring items to:

Scandinavian Living Center, 206 Waltham St.

Wednesdays, 1:00-3:00.

*Cost of parts required. Donations welcome.*

**SOAR-** Service Opportunities After Retirement

*Questions? 617-969-5906 x 120*

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## **Newton /Brookline**

### **Consumer Office**

Housed in Newton City Hall this office is available to answer your consumer questions and advocate for you when necessary.

*They may be reached by calling, 617-796-1292.*

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### **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 or stop by 492 Waltham St.

**See them on the 2<sup>nd</sup> floor!**



### **MBTA Senior & Access Pass**

Go to...

Back Bay Station *or* Downtown Crossing

*(Senior Replacement ID Office)*

*hours, 8:30-5, Monday-Friday*

**NO FEE**

*You must be 65 years old to be eligible.*

**Visit ...The NEWTON SENIOR CENTER website at**

**[www.Newtonseniors.org](http://www.Newtonseniors.org)**

*Site developed by Senior Web Solutions with*

*a Grant from Merck Company Foundation*

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**The National Safe Return Program** operated with the support of the U.S. Justice Department, coordinates efforts to locate and recover wanderers who become lost. Does someone you love have Alzheimer's Disease or a memory disorder? Register them with the *Alzheimer's Association Safe Return Program*. Call 1-800-548-2111.

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The Newton Council on Aging has a "**FILE OF LIFE**" for each Newton Senior Citizen. Get your refrigerator magnet on which to list important emergency information at the Newton Senior Center

Please update regularly.

Take Note!

NEWTON RETIREES CLUB

Meetings are held weekly at the Newton Senior Center

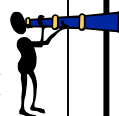
Every Thursday from 10:00- 11:45

- September 1 - Current Events discussion.
- September 8 - Bob Reid of SHINE will speak about Medicare-D
- September 15 - Current Events discussion.
- September 22 – Commissioner of Health & Human Services,
David Naparstek- Public Safety after 9/11
- September 29 – Current Events discussion.

Those wishing to have lunch at the Center must pre-register by calling by 11:00 the previous day.

LOOKING AHEAD to October

- Low-Vision Group...** Monday, October 3- 10:00AM
- Feel Good...** Wednesday, October 5- Travelogue- 1:00PM
- Man-to-Man...** Friday, October 7, 10:30AM –
Prostate Cancer support group.
- Saturday Movie...** October 1, (musicals month)
“Cabaret”– 12:30PM
- Center Closed for Columbus Day...** Monday, October 5



Foreign Film Buffs!

Every Friday at 1:00PM the Newton Senior Center shows a foreign film with subtitles. All are welcome to drop-in and take a short trip by armchair. Titles not announced in advance. (Don't you just love surprises?) *A donation of 50 cents is suggested.*

RABIES CLINIC DATES

*(If you have questions please call the
Newton Department of Health & Human Services
at 617-796-1420)*

All clinics held at Fire Station #4, 195 Crafts Street, Newtonville

*Cats & dogs must be caged, leashed or
attended by someone over 14 years. \$10 fee.*



- Wednesday, September 7... 5:30-7:30 PM
- Thursday, September 8... 5:30-7:30 PM
- Monday, September 26... 5:30-7:30 PM
- Wednesday, September 28... 5:30-7:30 PM

NOTE: *The Newton Senior Center reserves the right, to cancel classes without notice. Make-up sessions will be scheduled when possible.*

The Newton Senior Center is your “cool down center” when temperatures are over 90 degrees for more than one day the Center remains open until 9:00 at night . Cool off in this air-conditioned space. No meals are offered but you are welcome to brown bag it! *To find out if the Center is open please call the Center at 617-796-1600 .*

Newton Upper Falls Seniors

*Emerson Community Center
51 Pettee Street, Newton Upper Falls*

September Meetings

All meetings start at 10:00AM

September 14... **Arnie Rosen Trio**

“New Cool Jazz and Classical International”

September 21... Blood Pressure Clinic (9:30) &

BINGO

September 28... **Memories & Melodies Plus One**

Bring a friend... Refreshments offered

"A MATTER OF BALANCE"

This special program, addressing concerns about balance & falling, is being offered at the Newton Senior Center, in 8-week sessions. Please pre-register by calling 617-796-1660. *There is a wait list* and you will be called when your name comes up. *We thank Newton/Wellesley Hospital for bringing this opportunity to the Center. There is no charge for attendance.*

Gift and Craft Fair Planned for December

Crafters should begin working on projects to be donated to the Newton Senior Center Gift & Craft Fair to be held in December. This is great place to showcase your work and help raise funds for the Senior Center. Tables will be sold to private vendors as well. This is “THE” place to prepare for a wonderful holiday season! If you have questions or suggestions, please contact Joanne at 617-796-1670.

Start the New Season as a VOLUNTEER!

The Newton Senior Center currently has over 200 volunteers. Perhaps you should be one of them! Currently we seek more computer teachers and data entry people. We are also looking for a piano accompanist for our choral group that meets on Wednesdays at 1:00. If you do not fit into the categories listed, let’s talk and see if we might have something else that might interest you.

Just call Joanne at 617-796-1670 to make an appointment.

**The Newton Senior Center
regrets the passing of dear friends
Dom Piro, Esher Lipma, Ruth Glass**



From the Health Department

By Elaine Sullivan, RN



Ovarian Cancer

Ovarian cancer has subtle symptoms that may persist and usually increase over time. It occurs in 1 out of every 55 women at any age. Early detection improves survival rates up to 93%. A Pap smear is not an effective detection method, so even though women should see their doctor annually for a Pap smear, a more thorough examination is needed.

Ovarian cancer *starts* in the cells of the ovaries. Cancers that spread *to* the ovaries are not called ovarian cancer. Many tumors that start in the ovaries are non-cancerous and can be cured with surgery. Some are malignant and treatment depends on the type and stage of the cancer.

Ovarian cancer accounts for 3% of all cancers in women and ranks 4th as the leading cause of death from cancer. Despite medical advances, the death rate has not changed much in 50 years.

Risk Factors

1. family history of ovarian, endometrial, breast, prostate or colon cancer
2. hereditary, non-polyposis colon cancer
3. increased age
4. unexplained infertility, no pregnancy, no history of the use of birth control pills
5. use of high dose estrogen for long periods without progesterone
6. North American, Northern European and Ashkenazi Jewish descent
7. living in an industrialized country

Women at high risk should seek medical care to identify as early as possible any changes and consider genetic testing, and elective bilateral salpingo-oophorectomy if genetic testing shows the marker.

Symptoms

1. unexplained changes in bowel habits
2. unexplained weight loss or gain
3. pelvic or abdominal pain
4. bloating, a feeling of fullness, gas
5. frequent or urgent urination
6. nausea, indigestion,
7. menstrual disorders
8. pain with intercourse
9. fatigue
10. backaches

One should seek medical attention if these symptoms persist for 2-3 weeks or more. Also, consider asking for the combination pelvic/rectal exam, CA 125 blood test and a transvaginal sonogram.

*To learn more about Ovarian Cancer, please join me,
Elaine Sullivan, RN, on September 12 at 10:30 AM.*

Newton Parks & Recreation Programs for People Over 55 - September 2005

Day Trips: September 28, Step back in time at the Putney Inn, followed by an old-fashioned train ride through the Southern Vermont Hillside. \$56. *Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office.*

Thursday Cards: Thurs. 11:30-4 PM. Scandinavian Living Center, GOLF, SCAT & Cribbage. Cards provided.

Cribbage- Every Mon., 10:00-1;30 PM at Nahanton Park. Everything provided. Bring your lunch! Newcomer's welcome!

Couples Bocce: At Forte Park, Thursdays, 6:30-8:30PM. Pick a partner, any age, and play under the lights in our stateof the art new Bocce Court. Call 617-796-1506 to register.

Golf Lessons: 4, one hour lessons at Commonwealth, \$80- 6 to a group, Call to register, 617-796-1506. Time to be announced.

Aerobics: Workman's Work-Out, 10 weeks, \$80. Starts September 6, 6:15-7:15PM, Tuesday & Thursday, Lower Falls Community Center.

Walking Club: The Early Morning Walkers Mon.- Fri. at 7 AM, Albemarle Fieldhouse. Walk a measured mile, then enjoy Vera Oszy's famous coffee!

Ballroom Dancing: Line/ballroom dance with Disc Jockey, Helen Murphy every Thurs., 1-4, at Nahanton Park. \$1 donation.

Aquatics: Aquatic exercise. Starts in October. Call to register, 617-796-1500.

Theatre Buffs: Theatre now listed on day trip brochure. November 2, "Full Monty", North Shore Music Theater. December 21, "White Christmas", Wang Center, Boston.

Men's Basketball for Seniors: Call John Stewart 617-969-0950.

Tennis Plus: Wednesday & Friday 8:00 AM at the Warren Courts, West Newton. Intermediate & Advanced players over 55. To register call Phyllis Frank at 617-527-8463.

Pilates: Wednesdays, Lower Falls Community Center, 6:15PM, \$40 for 10 weeks, starts September 7.

Tai-Chi & Muscle Toning: Starts in October, Wednesdays, 10AM, Lower falls Community Center.

Call Mary Brown at 617-796-1500

or go to the web,

www.ci.newton.ma.us/parks

click on "Over 55"



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