

April 2005



Newton Senior Center Art & Craft Show

This year's **Newton Senior Center Art & Craft Show** will be held at the Newton Senior Expo (see page 14), where even more folks will have an opportunity to see the work of Senior Citizen artists.

Works may include paintings, drawings, photos, 3-dimensional art, quilts and textiles, sculpture, ceramics and crafts. All work should be ready for display and properly labeled on the back with title and artist's name.

Pieces for display may be dropped off Wednesday, June 8, between noon and 4:00, at the VFW Post #440, California St., Nonantum. Work must be picked up by 4:30 Thursday, June 9. (Questions??? Call Joanne at 617-796-1670)

Getting Started

What to do when your family member has memory loss?

Wednesday, April 13... 6-8:30
Information, 1-800-548-2111

This program from the Alzheimer's Association is designed to provide an overview of Alzheimer's disease to families who have a loved one with memory loss.

This program is offered free of charge

.....
: The Newton Senior
: Center
: regrets the passing o
: dear friends
:



Fuel Assistance

The Department of Human Services at Newton City Hall is accepting applications for Fuel assistance. You can make an appointment through April 30 by calling 617-796-1280. If you need assistance with this process, contact Ana Gonzalez, Outreach Worker or Kathy Laufer, Social Worker, at the Newton Senior Center, 617-796-1660.



The Boston Heart Party

Where? The Newton Senior Center
345 Walnut Street
When? Wednesday, April 27- 11am-2pm
How? Call 617-796-1660 for appointment
What? Screening for Blood Pressure,
Cholesterol & Blood Sugar.

*Screening provided by Partners Healthcare
with support from the
Newton Health Department.*



Spring Is Here at the Senior Store!

The Senior Store on main level of the Newton Senior Center is in Springtime bloom with treasures lovingly crafted and thoughtfully donated. Come shop, browse or just take a peek!

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"Friends are people who lift us to our feet  
when our wings have trouble remembering  
how to fly."

*Anonymous*

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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 & 10:00-4:00 Saturday*



**Staff**

|                        |                            |
|------------------------|----------------------------|
| Jayne Colino           | Director                   |
| Alice Bailey           | Administrative Coordinator |
| Joanne Fisher          | Program Coordinator        |
| Kathy Laufer           | Clinical Social Worker     |
| Rachel Skiffington     | Social Work Intern         |
| 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               |
| Ken Doucette           | Custodian, PM              |

**GOLDEN TIMES SUBSCRIPTION FORM**

I would like to receive "The Golden Times" monthly at my home. Enclosed is my payment of \$3 for a subscription ending July1, 2005.

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 Golden Times four times a year. ( February, May, August, & November).

***PLEASE NOTE:*** Copies of the Golden Times 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 Golden Times

***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 Golden Times 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. Weekdays, 8:30-5:00. *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, Dept. of Human Services (City Hall) or by mail, by calling 617-796-1280.

- **The Shopper's Bus** takes 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.

## "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.*

**These services are provided regardless of donation.**

*These services are funded in part by Springwell.*

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**“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

*The Newton Senior Center Volunteer Meeting-Monday, April 11 -1:00*

## Legal Consultation Available

The law students from Boston College Elder Legal Services are taking appointments at the Senior Center on the first Friday of each month from 12:00-2:00. Appointments may be made by calling 617-796-1660.

## Prostate Cancer Support Group

**Man-to-Man-** First Friday of each month, 10:30 AM. This month's meeting is, April 1. 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 2<sup>nd</sup> Monday of each month at 10:30 AM. All welcome!

*April 11- "Alcohol Awareness"*



**SHOPPERS** pre-register to take the Senior Center Van to The Christmas Tree Shop, Natick, on Monday, April 25. *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.)*

*The Newton Senior Center will be closed  
on Monday, April 18,  
for the Patriot's Day Holiday*

## Celebrate Patriot's Day

Please pre-register for a Patriot's Day Celebration at lunchtime (11:45), Tuesday, April 19, at the Newton Senior Center. Please call by 11:00 the Friday before (April 15). John Rampino will entertain.

## Passover Seder

Each year the Newton Senior Center acknowledges the celebration of Passover with a special lunch. We will have matzo (served for the full 8 days) and offer good wishes for Peace. Please pre-register by 11:00 the previous day to attend lunch on Thursday April 28, 11:45 to join us.

## Dance- Drama Class

The Newton Senior Center will offer a 6-week course in "Dance-Drama" on Mondays from 10:30-11:30 beginning April 11 and ending May 16. The course will be taught by Anna R. Lipworth and involves telling a story through gesture, movement and pantomime. This can be modified as needed and can be done in chairs or with full movement. Please call to pre-register, 617-796-1660. There is no charge for this course but donations are always appreciated.

# More... What's Happening

## Computer Bulletin Board

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



**Wednesdays-** Drop-In Computer Help 9:00-12:00

**Wednesday, April 13 -**

The Greater Boston Seniors Computer Group 9:30

**"Real Time Communication Using the Internet"**

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

For more information contact Eve Welts, 781-894-4948.)

[Ewelts@ren.com](mailto:Ewelts@ren.com) or Arline Ekman at [ave8@juno.com](mailto:ave8@juno.com)

**Wednesday, April 27-**

Computer Orientation & Registration 10:00

***The Low-Vision Group will meet on April 4, at 10:00AM. All are welcome to join this group for information, support and friendship.***

## " Music in April! "

- *Friday- April 1* – 11:45... Lunchtime piano with **Harold Kaswell.**
- *Friday, April 8-* 11:45...Lunchtime piano with **Victor King,**
- *Wednesday, April 13-* 11:45...Lunchtime piano with **Victor King,**
- *Friday- April 15-* 11:45... Lunchtime piano with **Harold Kaswell**
- *Tuesday, April 19-* 11:45... **John Rampino** will play at our Patriot's day Celebration.
- *Wednesday, April 20-* 11:45... Lunchtime piano with **Victor King.**
- *Friday, April 22 -* 11:45... Lunchtime piano with **Victor King,**
- *Monday, April 25-* 1:00... **The Joy of Music** sponsored by the All Newton Music School & The Aronson Foundation
- *Wednesday, April 20-* 11:45... Lunchtime piano with **Victor King**
- *Wednesday, April 27-* 11:45...Lunchtime piano with **Victor King,**
- *Friday- April 29-* 11:45... Lunchtime piano with **Harold Kaswell**

## TOUR THE SENIOR CENTER

If you wish to have a tour of our Center please call Joanne at 617-796-1670 for an appointment.

We would love to welcome you!

***Join Senior Center Director, Jayne Colino,  
for a "Dialogue with the Director"  
Thursday, April 14, at 12:00.***

## **Many Thanks to the following- for their generous donations:**

- In appreciation of tax assistance:  
Anthony DeProfio  
Carol Anderson  
Mary Mazzola  
Joan L. Jones
- Charlotte and William Green in memory of Mr. & Mrs. Hyman Lazin.
- The Brownies of Troop #3002, the Franklin & Burr Schools for their creative centerpieces.
- Robert Greenwald in appreciation of the Newton Senior Center.
- Shirley Widerman for items to Ana's Collection.
- Jayne Dorfman for items to Ana's Collection.  
(*Ana's Collection are specific household items and health aids to be distributed by our outreach worker Ana Gonzalez.*)

### **Secrets to Long Life**

*(from an article in Science*

*by Richard Corliss & Michael Lemonick)*

There is much current research about our increasing life span with an impressive number of folks living to be 100 years and more. The genetic component has long been considered the most important factor in the long lives of *centenarians*, followed by diet and lifestyle.

More recent studies find that genetics, though certainly having a role, may be responsible for only 20%-30% of longevity. A wonderful metaphor put forth by Dr. Bradley Wilcox of Pacific Health Research of Honolulu says it all, " You could have a Mercedes –Benz genes but if you never change the oil, you are not going to last as long as a Ford Escort that you take care of."

The following are the factors found to be almost universal among centenarians:

- Eating healthy and eating less- Few, if any, centenarians are overweight.
- Optimism- a sunny attitude and zest for life.
- Regular physical activity- keeps the blood flowing to the brain.
- Regular mental activity- keep the mind alive .
- Stay socially engaged- Retain your sense of community by staying engaged with interest groups. (Church, Synagogue, Senior Center, fraternal clubs, etc.)

*Many Happy Birthdays to you!*

# 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!**

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**Senior Citizen Parking Stickers** are available at the Department of Human Services, Newton City Hall and the Newton Senior Center. *Your car must be registered in Newton and you must be at least 65 years old.* Bring your license and registration with you at the time of purchase. New stickers are good for a two-year cycle at a cost of \$6. We are in the last year of the cycle and stickers are now pro-rated to \$1. Senior Citizen parking stickers are good for all municipal lots in the city, 1-hour & 3-hour meters only.

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Emergency numbers:

- ✓ 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
- ✓ Department of Human Services: 617-796-1280

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

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Newton Health Department Rabies Clinic- Spring 2005



Saturday, April 2.... 9 AM- NOON
 Monday, April 11....5:30- 7:30 PM
 Wednesday, April 13 5:30- 7:30 PM
 Monday, May 9.... 5:30- 7:30 PM
 Wednesday, May 11.... 5:30-7:30 PM

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

*Cats & dogs must be leashed and escorted
by someone over age 14.
\$10 fee.*



April 2005 (Programs subject to change)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4 9-12- Pool Cues 10- Low Vision Grp. 10:30-12- Fine Arts Workshop 11:45- Lunch- Veggie/Cheese Quiche Roast Beef Platter 1:00 Scrabble 1- Sewing Group 2-Yoga (chairs)	5 9:00-10:00- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Ham Dinner Sliced Turkey Platter 1- Book Club 1-Bingo 1:30 - Swing Band 1:30-3:30- Matter of Balance (pre-registered)	6 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30 – Fine Arts Class 11:45- Lunch- Stuffed Shells Tuna Platter Victor King- piano 1- Feel Good 1- Duplicate Bridge 1- Choral Group 1-SHINE
10	11 9-12- Pool Cues 10:30- Health Stop 10:30- Dance /Drama (pre-reg.) 10:30-12- Fine Arts Workshop 11:45- Lunch- Chicken w/ Honey Tuna Platter 1- Volunteer Meeting 1:00 Scrabble 1:00- Sewing Group 2-Yoga (chairs)	12 9:00-10:00- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Crumb Baked Schrod Special 1-Bingo 1:30 Swing Band 1:30-3:30- Matter of Balance (pre-registered)	13 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30-12- Computer Group 9:30- Fine Arts Class 11:45- Lunch- Pot Roast Ham/Swiss Wrap Victor King- piano 1-Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE 6-8:30- Getting Started
17	18 <p style="text-align: center;">Center Closed for Patriot's Day Holiday</p>	19 9-10- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Cheese Lasagna Egg Salad Patriot's Day Lunch w/ music 1-Bingo 1:30-3:30- Matter of Balance (pre-registered) 1:30 Swing Band	20 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Roast pork Tuna Platter Victor King - piano 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE

<p>24</p>	<p>25 9-12- Pool Cues 10-2 Van to Christmas Tree Shop 10:30-12- Fine Arts Workshop 10:30- Dance /Drama (pre-reg.) 11:45- Lunch- Crab Cakes Roast beef/ Havarti Cheese Platter 1- Joy of Music 1:00- Scrabble 1- Sewing Group 2-Yoga (chairs)</p>	<p>26 9-10- Aerobics 9:00- Spanish- beginner 10:30- Spanish- intermediate 10:30 Muscle Conditioning 11:45-Lunch- Hot Dog Chef 's Salad 1-Bingo 1:30-3:30- Matter of Balance (pre-registered) 1:30 Swing Band</p>	<p>27 9-12 Health Clinic 9-12 Computer Help 9-12- Pool Cues 9:30- Fine Arts Class 10-Computer Orientation & Registration 11-2- Boston Heart Party 11:45- Lunch- Oven Baked Chicken Seafood Salad Victor King- Piano 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE</p>
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THURSDAY	FRIDAY	SATURDAY
	<p>1 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- Shepherd's Pie Egg Salad Harold Kaswell on Piano 12- Chess Nuts 12:00-2- Legal Clinic (by appointment) 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film APRIL FOOL'S DAY!</p>	<p>2 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "Shall We Dance" 1:00- Choral Group 2:00- Yoga (chairs)</p>
<p>7 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Lemon pepper Fish Cottage Cheese Fruit Plate 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>8 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Chicken Marsala Breaded Chicken on a Bulkie Victor King on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film 2:15-3:15 TaiChi (pre-registered)</p>	<p>9 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "Vanity Fair" 1:00- Choral Group 2:00- Yoga (chairs)</p>
<p>14 10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – BBQ Boneless Beef Rib Roast beef Platter <i>Dialogue w/ Director</i> 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>15 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Baked Stuffed salmon Chef's Salad Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film 2:15-3:15 TaiChi (pre-registered)</p>	<p>16 10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "The Notebook" 1:00- Choral Group 2:00- Yoga (chairs)</p>

<p>21</p> <p>10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Meatloaf Sliced Turkey Platter 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>22 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Chicken Piccatta Seafood Salad Plate Victor King on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film 2:15-3:15 TaiChi (pre-registered)</p>	<p>23</p> <p>10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "Garden State" 1:00- Choral Group 2:00- Yoga (chairs)</p> <p>Passover starts at sundown</p>
<p>28</p> <p>10-Retirees Club 10-11:30- Cribbage Lessons 10:30- Mandarin Chinese 10:30- Knitting 11:45- Lunch – Pot Roast Ham & Swiss Sandwich 12:30- Ceramics 1-2:30- Reminiscence Group 1- Poker 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>29 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Veggie/ Cheese Quiche Chicken Salad on a Bulkie Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film 2:15-3:15 TaiChi (pre-registered)</p>	<p>30</p> <p>10:00-4:00- Pool Cues 10:00-12- Gems of Jazz 10:30- Aerobics 12:30- movie- "Wimbledon" 1:00- Choral Group 2:00- Yoga (chairs)</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

(In this space for the last few months we have described a number of options for Senior Citizens. This is just one of them.)

"Circuit Breaker Tax Credit Program"

Some taxpayers may be eligible to claim a tax refund on state income taxes for real estate taxes paid on residential property that is a principal residence. **To access this program you must file for it on your Massachusetts State Tax form.**

Time to Pre-register:

Register by... April 7



- **Ceramics-** 12:30, Thursdays
\$32 for 8 weeks, April 21- June 9
- **Chinese Painting-** 1:00, Fridays
\$23 for 8 weeks, April 22- June 10
- **Tai Chi-** 2:15-3:15, Fridays
\$40 for 8 weeks, April 8- May 27

Reminder!

Be sure you are registered to vote in the Fall 2005 elections. Unregistered voters should go to Newton City Hall to complete their registration or visit www.ci.newton.ma.us



This is the season to stop by the garden at the Newton Senior Center and enjoy the new blooms!

SENIOR CENTER MEALS

The Newton Senior Center serves ***lunch 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, whenever possible.
 - 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 *Bagels Best and Great Harvest Bakery*, both of Newtonville and *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! *Mondays, 3PM, 7:30PM - Tuesdays 12PM, 10:30AM, 3PM, 7:30PM- Wednesdays, 12AM*
- **Mayor's Press Conference-** *Friday, 6:30PM- Saturday, 11:30AM, 6:30PM- Sunday, 11:30 AM, 6:30PM*
- **"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 Mondays, 5:00PM (Red Channel). Channel 9 on Comcast / Channel 13 on RCN.

## 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).



### APRIL NOTES

The Massachusetts Chapter of the Alzheimer's Association is offering two workshops this month:

- **Legal & Financial Issues and Answers** on Wed. April 6th – 10 – 11:30 a.m. at the Watertown Senior Center, 31 Marshall Street. Presenter: Atty. Jack Fisher
- **Getting Started: What to Do When Your Family Member Has Memory Loss** on Wed. April 13<sup>th</sup> from 6 – 8:30 p.m. at the Newton Senior Center. Presenter: Pam Kunkemueller.

For more information call their Hotline at 1-800-548-2111.

### New Benefits under Medicare

"For too long Medicare only paid for benefits after you got sick. Now, Medicare will pay for benefits that will help seniors prevent the onset of disease before it becomes serious," Secretary Thompson said. "These new changes bring Medicare into the 21st century of medicine. Starting this year, seniors will have better and greater access to benefits to help keep them healthy and improve their quality of life." As of Jan. 1, 2005, people with Medicare will have three important benefits: a one-time "Welcome to Medicare" physical exam, cardiovascular screening, and diabetes screening. In addition to other benefits added in recent years, Medicare's comprehensive set of *preventive benefits* includes *screening services* for the following: weak bones and glaucoma; and cancers of the colon, breast, cervix, and prostate. Make sure you discuss taking advantage of these benefits with your doctor.

### What is an Elder Law Attorney?

An elder law attorney has a specialization which focuses on the needs of the elderly. This specialization began in the mid-1980s as the elder population increased and their legal needs became more complex. Elder law attorneys can help with estate planning; develop a plan to effectively utilize available health insurance options; set up trusts; help with the transfer of a house; complete advance directives; and advise about government programs and benefits. (Daniel Fish, Esq. & Dianne Zimmerman) You should ask your lawyer about his/her experience with these issues.

[Some elder law attorneys are certified through the National Elder Law Foundation. Certified Elder Law Attorneys (CELA) meet eligibility requirements including experience, a daylong exam and references from their peers. CELA lawyers are recertified every 5 years.]

### REMINISCENCE GROUP

The benefits of reminiscing allow us to more fully participate in the present:

- ◆ By sharing memories, understanding and friendship can be forged
- ◆ Meaning and purpose can be seen through uncovering and reviewing memories
- ◆ Reminiscing improves the quality of our well-being and raises our self-esteem
- ◆ Remembering can create a sense of security and competence
- ◆ Reminiscing can reinforce coping mechanisms

In this group, we will talk about the importance of reminiscing, our early years, our adult years, turning points and life lessons. Group members will have the opportunity to share stories, writings, photographs and other memories. Please join us at the Newton Senior Center on Thursdays from 1 – 2:30 in the library lounge, beginning on March 17, 2005, for 7 weeks. For additional information or to register call Rachel Skiffington, Social Work Intern at 617-796-1660.

\* **BOOK CLUB** will meet on Tuesday, April 5, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book, **If I Live To Be Be 100** by Neenah Ellis. Book Club snowed out in March!

# 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>rd</sup> floor!**



### ***MBTA Senior Pass Available***

Send: 1" x 1" photo of your face  
Copy of your personal identification  
\$.50 (no checks, please)

To: MBTA Senior & Access Pass  
Copley Square  
145 Dartmouth Street  
Boston, MA 02116

*Allow 6 weeks for delivery*

*(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 or Department of Human Services (Newton City Hall).

Please update regularly.

Take Note!

NEWTON RETIREES CLUB

Meetings are held weekly at the Newton Senior Center

Every Thursday from 10:00- 11:45

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

Thursday, April 7- Current Events

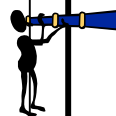
Thursday, April 14- Ancient & Honorable Artillery

Thursday, April 21- Current Events

Thursday, April 28- Military Women

LOOKING AHEAD to May

- **Book Club** meets- Tuesday, May 3, 1:00 PM
- **Fashion Show-** May 4, 12:00 (not yet confirmed)
- **Man to Man-** Friday, May 6, 10:30 AM... Prostate cancer support group.
- **Saturday Movie-** Saturday, May 7, 12:30...
Lightening in a Bottle
- **Bridge Lessons-** will resume on Thursday, May 12. (For those with some knowledge of the game)



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.*

TAX TIME IS Here!

The Newton Senior Center offers FREE assistance to Senior Citizens in preparing their taxes. This year we will offer the option of having your return E-FILED directly to the IRS. You can choose conventional mail if you wish. *Appointments run until April 15. Please call 617-796-1660 to make your appointment. You may arrange for transportation at this time.*

From time to time *the Newton Senior Center needs to call on volunteer to assist our outreach worker. If you have a strong back and willingness to help, weekdays only, please call Joanne at 617-796-1660.*



"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.*

NEWTON SENIOR EXPO 2005

Hold This Date!

Thursday, June 9, 2005

This year the Community Living Network and the Newton Council on Aging are collaborating to bring the 4th Annual Senior Expo & the 38th Annual Senior luncheon together in one fabulous event.

With a new date and a new venue this event will have a whole new spirit. There will be workshops, exhibits, health screenings, demonstrations, fabulous parking and a luncheon café!

Newton Upper Falls Seniors

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

April 2005

April 6 ... Dances on the Piano

April 13... 9 AM Blood Pressure... 10AM Bingo & refreshments

April 20... School Vacation

April 27... A Community Event, Trader Joe's

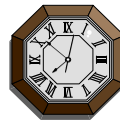
Bring friends & enjoy refreshments!

Wednesdays: 10:00AM



Feel Good in April... every Wednesday, 1:00PM

- April 6... Robin Early of Hebrew Senior Life (formerly the Hebrew Center for Rehabilitation of Aged) will speak about **Memory**.
- April 13... Maria Shnay will speak about Russian Culture through Art.
- April 20... Steffi Shapiro will help you relax and enjoy the coming season.
- April 27... Reverend Haywood of the Myrtle Baptist Church of Newton will talk about the church's history, where it is today and the celebration its 150 Anniversary!



Daylight Savings Time

On Sunday, April 3, set your clocks ahead (Spring forward!) and enjoy a longer brighter day.

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

**ELDER ABUSE HOTLINE:
1-800-922-2275**

From the Health Department



By Elaine Sullivan, RN

For more in depth information about Alcohol and Health, join us, at the SeniorCenter, April 11, at 10:30 AM for HealthStop with Elaine Sullivan, RN, Newton Health Department.

Alcohol Awareness

Often we think of an alcohol abuser as a teenager sneaking alcohol or someone that has become homeless and is in and out of jail, but the reality is alcohol abuse is prevalent in many other demographic groups in the United States. This can include pregnant women who place their babies at risk of fetal alcohol syndrome, professionals who drink after a long day of work or senior citizens who often drink out of loneliness. A habit that may have started as a social activity can mushroom into a social problem! In 2002 there were 14.9 million Americans classified as abusing alcohol.

If you drink occasionally or have no more than 1-2 drinks per day, you may not be at risk for alcohol related illnesses. But even moderate alcohol consumption, under certain circumstances, can be risky. This includes not only your personal health but the health of relationships with those around you.

Take this short test and answer honestly. If you answer yes to any of these questions, you may have a problem.

- Do you drink alone when you are feeling sad?
- Does you drinking ever make you late?
- Does your drinking ever worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget anything you did when you were drinking?
- Do you get headaches or have hangovers after drinking?

April is Alcohol Awareness Month and over the course of the month there are opportunities to participate in more, in depth, screening activities (listed below) to determine if you have a problem with alcohol. You can also receive information and referrals to help you with this problem.

- Boston Graduate Schl. of Psychoanalysis Therapy Clinic
1581 Beacon St, Brookline 617-277-3915 April 7... 4-8 pm
- Natick Council on Aging
117 East Central St., Natick,
508-647-6540 April 7... 4-6pm

For other sites check this website:

www.nationalalcoholcreeningday.org/locator/NASDmap2

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

Day Trips: April 27, lunch at the Bull Run Restaurant in Shirley with the Best of Times presentation, "Lisa & Friends" musical cabaret with a new twist! \$49. *Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office.*

Thursday Cards: Thursdays 12-4 PM. Scandinavian Living Center, No charge. GOLF, SCAT & Cribbage. Cards provided
Crafts: For advanced sewers with own machines. Mondays, 12-3:00. Call to register, 617-796-1500.

Worker's Workout: Aerobics for the working adult "over 45". Tuesday & Thursday, 6:15PM, 10 week class, \$80.
Super Saturdays: Aerobic workout 7:45-8:45AM.

Cribbage- Every Monday, 10:00-2 PM at Nahanton Park. Everything provided. Bring your lunch! Newcomer's welcome!

Peer Pleasures: for over "55" and under "5". Playgroup for grandparents and charges. Thursdays, 9:30-11:30, Nahanton Park. Call Susanne Spatz for info. 617-332-5574.

Tap Lessons: For men & women "over 55" with previous Tap experience. Tuesdays, 9:30AM Lower falls Community Center. Starts March 22- \$35 for 8 weeks.

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

Ballroom Dancing: Line & ballroom dancing with Disc Jockey, Helen Murphy every Thursday, 1-4 at Emerson Community Center. \$1 donation.

Dawn's Aerobics: Wednesdays, 9-10, Lower Falls Community Center. Full body workout. \$30, 10 week session.

Aquatics: Newton North High School- "Fixed" heated pool! Tuesdays, 9:15-10:15. Second session to be announced.

Cross-Country Skiing: Nahanton Park, weather permitting. Must have your own skis. Call to be put on the telephone list. 617-796-1506.

Theatre Buffs: May 11, North Shore Music Theatre, "thoroughly Modern Millie", \$45. 617-796-1506 to be put on the theatre list.

Men's Softball for Seniors: Eastern Mass. Senior Softball has leagues for all ages (up to 80) and abilities. Call John Stewart 617-969-0950 or check website www.emass.seniorsoftball.com

Tennis Plus: Wednesdays 8 AM at the Warren Courts, West Newton. Intermediate & Advanced players over 55. No charge. To register call Phyllis Frank at 617-527-8463.

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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