



May 2005

The City of Newton

Proudly Announces the Birth of a New “Department of Senior Services”

Spring is a season of rebirth. In that spirit and with an eye to using City resources most efficiently, Mayor Cohen has reconfigured the Department of Human Services. Until now this was where the Newton Senior Center/ Council on Aging was overseen.

This Spring, Beverly Stachowicz, Department Head for the Department of Human Services these last seven years, announced her well-earned retirement. We wish her well on her new path. Beverly’s retirement comes at a time in the growth of the Newton Senior Center/ COA when it has been recognized that Senior Services needs to stand on its own.

With the new budget, the Mayor has announced that Jayne Colino will now be the Department Head for this new department. Not only will this increase efficiency and give greater focus to the needs and interests of Senior Citizens, it will fit nicely into the new budget as it will bring a cost savings.

The Senior Citizens of Newton are fortunate to have a mayoral administration sensitive to its present needs with the foresight to anticipate those needs in the future. This new department staffed by the existing staff of the Senior Center, looks forward to the greater challenges ahead. This change becomes official on July 1,2005.

We thank Mayor Cohen for recognizing the importance of the work of those serving the Senior Citizens of Newton.

A Big Thank You to the volunteers of Newton Serves for the hard work they did at the Newton Senior Center on Newton Serves Day this April.

The Newton Senior Center regrets the passing of dear friends



Annual Spring Fashion Show

The Newton Senior Center Annual Spring Fashion Show will be on Wednesday, May 4, with informal modeling during lunch. Lunch reservations are required by 11:00 the previous day. Those not having lunch will be seated in the living room area. Families are welcome!

This year Talbot’s of Chestnut Hill will provide the fashions. We thank them for their support. *Come see your friends model and see what’s new for the coming season!*

NEWTON SENIOR EXPO 2005

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! The morning workshop will focus on Financial Planning and the afternoon workshop will be Health focused. This year there will be NO tickets sold. Just come to the Expo and enjoy! If you wish lunch you can purchase a beautiful “box lunch” at the luncheon café for \$5.

For transportation to this event please call 617-796-1660. The Newton Senior Center will take your information and call you back with a

In this Issue

Transportation Information _____	p. 3
What's Happening at the Senior Center? _____	p. 4
More... What's Happening _____	p. 5
Did You Know? _____	p. 7
Calendar _____	p.8-9
For Your Information _____	p.10
From Desk of Our Social Worker _____	p.11
Services for You _____	p.12
Take Note! _____	p.13
Looking Ahead _____	p.13
Volunteer Opportunities _____	p.14

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
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

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.

"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, May 9-1:00

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, May 6. 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! *May 9" Osteoporosis"*



SHOPPERS pre-register to take the Senior Center Van to the Marshall's Mall, on Monday, May 16. *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.)

Newton Senior Center Art & Craft Exhibition

This year's **Newton Senior Center Art & Craft Exhibition** will be held at the Newton Senior Expo (see page 1). Pieces 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).

BRIDGE LESSONS will resume on Thursday, May 12... 9:30-11:30. Only those with some knowledge of Bridge should attend. Just drop-in!

Memorial Day Barbecue

Time to celebrate! Tuesday, May 31, at 11:45, with John Rampino. Please pre-register by 11:00 FRIDAY, MAY 27. \$3.00 per meal includes choice of 2 out of 3 entrees (hot dog, hamburger, veggie burger), sides, drink, dessert.



Italian Exchange Students Come for Brunch!

Students from our own Bigelow Middle School will escort visiting Italian exchange students to the Senior Center on Tuesday, May 3. From 9:30 -10:30 they will share a continental breakfast with Senior Center participants. Please try to attend and meet these terrific kids. If you are from Italy or of Italian descent you might meet some long-lost relatives!



Computer Bulletin Board

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

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

Wednesday, May 11 -

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@rcn.com or Arline Ekman at ave8@juno.com

***The Low-Vision Group will meet on May 2, at 10:00AM. All
are welcome to join this group for
information, support and friendship.***

" Music in May! "

- *Friday, May 6- 11:45...Lunchtime piano with **Victor King.***
- *Wednesday, May 11- 11:45...Lunchtime piano with **Victor King,***
- *Friday- May 13 – 11:45... Lunchtime piano with **Harold Kaswell.***
- *Wednesday, May18- 11:45... Lunchtime piano with **Victor King.***
- *Friday, May 20 - 11:45... Lunchtime piano with **Victor King,***
- *Wednesday, May 25- 11:45... Lunchtime piano with **Victor King***
- *Friday- May 27- 11:45... Lunchtime piano with **Harold Kaswell***
- *Tuesday, May 31- 11:45... **John Rampino** will play at our Memorial Day Celebration.*

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!

***Join Senior Center Director, Jayne Colino,
for a "Dialogue with the Director"
Tuesday, May 17, at 12:00.***

Many Thanks to the following- for their generous donations:

- Esther Rotman in memory of Mac Andler
- Helen Tarnower, in honor of the return of Alice Costello & Lillian Rubin.
- Mickey Zemon for a new XP computer.
- Kabloom for their donation of flowers weekly to our Wednesday art class.
- The 2nd Grade Brownies of the Bowen Elementary School
- Anita Greenbaum in appreciation of the Newton Senior Center.

In appreciation of Tax Assistance:

- Thelma M. Lavine
- Nyle & John Kim
- Esther Rotman
- Elizabeth Linde
- Ethel Spellman
- Marilyn Bentov
- Joanne & Edward O'Connor
- Anna Bacevicius
- Anonymous
- Anonymous

NEW PROGRAMS IN JUNE!

- **Performance Reading...** entertain friends of all ages! Please pre-register/ pre-pay (for the book!) \$10... group runs 4 weeks, Wednesdays, June 1-June 22, 2:00-3:00
- **Model Building...** remember building models from a kit? Join this group and recapture some of that excitement. Models supplied, no charge. Starts Thursday, June 2 10:30-11:30, weekly. (*Donation program*)
- **Tai-Chi...** please pre-register/ pre-pay by May 31. \$40 for 8 weeks from June 17-August 6. Fridays 2:15-3:15.
- **Chinese Painting...** please pre-register/ pre-pay by May 31. \$24 for 8 weeks from April 15-June 3. Fridays, 1:00-2:00
- **Ceramics...** please pre-register/ pre-pay by May 31. \$32 for 8 weeks from April 14-June 2. Thursdays, 12:30-2:00.
- **3- Dimensional Art...** Drop-in and find out what supplies you will need. (*Donation program*). Every Monday at 10:30. Begins June 6.

(Although some classes do not require a fee, we always welcome your donations.)

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 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.

~~~~~

## 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.*

.....

### Newton Health Department Rabies Clinic- Spring 2005



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.*



**“The human race has one really effective weapon,  
*that is laughter.*”**  
*Mark Twain*

# April 2005 (Programs subject to change)

| SUNDAY                              | MONDAY                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                   | <p>2</p> <p>9-12- Pool Cues<br/> <b>10- Low Vision Grp.</b><br/>           10:30-12- Fine Arts Workshop<br/>           11:45- Lunch-<br/>               Beef Stroganoff/<br/>               Tuna Salad Platter<br/>           1:00 Scrabble<br/>           1- Sewing Group<br/>           2-Yoga (chairs)</p>                                             | <p>3</p> <p>9:00-10:00- Aerobics<br/>           9:00- Spanish- beginner<br/>           9:30-10:30-<br/> <b>Intergenerational Brunch</b><br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>               Egg Salad Platter/<br/>               Grilled Chicken Ceasar<br/>           1- <b>Book Club</b><br/>           1-Bingo<br/>           1:30 - Swing Band<br/> <b>1:30-3:30- Matter of Balance</b><br/> <b>(pre-registered)</b></p> | <p>4</p> <p><b>9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30 – Fine Arts Class<br/>           11:45- Lunch-<br/>               Lasagna/<br/>               Seafood Salad<br/> <b>Fashion Show</b><br/>           1- Feel Good<br/>           1- Duplicate Bridge<br/>           1- Choral Group<br/>           1-SHINE</p>                                                          |
| <p>8</p> <p><b>Mother's Day</b></p> | <p>9</p> <p>9-12- Pool Cues<br/>           10:30- <b>Health Stop</b><br/>           10:30-12- Fine Arts Workshop<br/>           11:45- Lunch-<br/>               Chicken Cacciatore<br/>               Roast Beef Platter<br/> <b>1- Volunteer Meeting</b><br/>           1:00 Scrabble<br/>           1- Sewing Group<br/>           2-Yoga (chairs)</p> | <p>10</p> <p>9:00-10:00- Aerobics<br/>           9:00- Spanish- beginner<br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>               Swedish Meatballs/<br/>               Chef Salad<br/>           1-Bingo<br/>           1:30 - Swing Band<br/> <b>1:30-3:30- Matter of Balance</b><br/> <b>(pre-registered)</b></p>                                                                                                               | <p>11</p> <p><b>9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30-12- <b>Computer Group</b><br/>           9:30 – Fine Arts Class<br/>           11:45- Lunch-<br/>               Stuffed Shells<br/>               Tuna Platter<br/> <b>Victor King- piano</b><br/>           1- Feel Good<br/>           1-Duplicate Bridge<br/>           1- Choral Group<br/>           1-SHINE</p> |
| 15                                  | <p>16</p> <p>9-12- Pool Cues<br/> <b>10-2 Van to Marshall's Mall</b><br/>           10:30-12- Fine Arts Workshop<br/>           11:45- Lunch-<br/>               BBQ Beef Rib/<br/>               Ham &amp; Cheese<br/>           1:00 Scrabble<br/>           1:00- Sewing Group<br/>           2-Yoga (chairs)</p>                                      | <p>17</p> <p>9:00-10:00- Aerobics<br/>           9:00- Spanish- beginner<br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>               Seafood Cheese Quiche/<br/>               Turkey &amp; Cheese Platter<br/> <b>Dialogue w/ Director</b><br/>           1-Bingo<br/>           1:30 Swing Band</p>                                                                                                                                 | <p>18</p> <p><b>9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/> <br/>           9:30- Fine Arts Class<br/>           11:45- Lunch-<br/>               Turkey Platter/<br/>               Egg Salad<br/> <b>Victor King- piano</b><br/>           1-Feel Good<br/>           1- Duplicate Bridge<br/>           1- Choral group<br/>           1-SHINE</p>                                            |
| 22                                  | <p>23</p> <p>9-12- Pool Cues<br/>           10:30-12- Fine Arts Workshop<br/>           11:45- Lunch-<br/>               Roast Chicken/<br/>               Tuna Platter<br/>           1:00 Scrabble<br/>           1:00- Sewing Group<br/>           2-Yoga (chairs)</p>                                                                                 | <p>24</p> <p>9-10- Aerobics<br/>           9:00- Spanish- beginner<br/>           10:30- Spanish- intermediate<br/>           10:30 Muscle Conditioning<br/>           11:45-Lunch-<br/>               Crab Cakes/<br/>               Roast Beef Platter<br/>           1-Bingo<br/>           1:30 Swing Band</p>                                                                                                                                                                                            | <p>25</p> <p><b>9-12 Health Clinic</b><br/>           9-12 Computer Help<br/>           9-12- Pool Cues<br/>           9:30- Fine Arts Class<br/>           11:45- Lunch-<br/>               Roast Turkey/<br/>               Chef Salad<br/> <b>Victor King - piano</b><br/>           1- Feel Good<br/>           1- Duplicate Bridge<br/>           1- Choral group<br/>           1-SHINE</p>                                                 |

|           |                                                                    |                                                                                                                                                                                                                                                             |  |
|-----------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>29</b> | <b>30</b><br><br><b>Center Closed for<br/>Memorial Day Holiday</b> | <b>31</b><br>9-10- Aerobics<br>9:00- Spanish- beginner<br>10:30- Spanish- intermediate<br>10:30 Muscle Conditioning<br>11:45-Lunch-<br><b>First BBQ of Season!</b><br>1-Bingo<br>1:30-3:30- <b>Matter of Balance</b><br>(pre-registered)<br>1:30 Swing Band |  |
|-----------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|  |  |
|--|--|
|  |  |
|--|--|

# 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 age & infirmity may apply for this exemption.

~~~~~

To find out about this & other property tax relief programs call the Assessors Office, Newton City Hall- 617-796-1160.

~~~

### **BIG FEAT... 10K Memorial Walk**



Hospice of the Good Shepherd, a non-sectarian, non-profit, community based home care agency asks you to bring your heart and sole to walk in memory of a loved one. Prizes, t-shirts, gather pledges! Walk on May 15, 10:00AM, Newton Center.

#### **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](http://www.ci.newton.ma.us)

### **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)*

~~~~~

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).



ADVANCED CARE ISSUES: PART 1

Advanced Care or End of Life Issues has been in the news for months, due primarily to the Terri Schiavo case. Advances in medicine and technology have made it possible to extend the life of young and old alike, beyond the point when they can make decisions for themselves. The Schiavo case has clearly sparked much debate. It has also brought to our attention the need for discussion and advanced directives for each and every one. These are difficult discussions to have with loved ones; without them families and healthcare providers (and the courts) are left to guess or interpret vague references said in passing. This should not be the way such important decisions are made. This two-part article will explore how to have these discussions and the various tools available to individuals to ensure that their wishes are carried out in the event they are unable to speak for themselves.

Now is the time to speak with family or friends about what health care decisions you would want if you were unable to speak for yourself. Regardless of age, everyone needs to be prepared because we can never know what the future may bring. We are good at planning for our estate, but not good about planning for the end of our life. The best decisions are made after good planning and good communication. First we must ask ourselves what fears we might have. Are we worried about pain, being alone, or being over-sedated? Do we prefer to remain in a hospital or other healthcare facility or would we like to go home? Once we've been honest with ourselves, we then should start talking with family and dear friends about our values and beliefs. How do you bring up the topic? Take advantage of the current news and discuss personal, spiritual and ethical views on the Schiavo case. Tell your loved ones not only what you think about this case, but how you feel about your own choices. Include discussion about resuscitation, life support systems, nutrition and hydration. Engage them in a discussion that respects differences of opinion. Understand that not everyone in your family may agree with you. Through these discussions, you will learn who is most comfortable with your choices and that may be the person best suited to be your "health care proxy".

Remember, health care providers are trained to "do" something, so if you do not want a particular procedure or therapy; you need a means of expressing your wish. If you have done no advance planning, the doctors may feel compelled to do all they can. If you haven't talked with your family or friend, you may place an unnecessary burden on them if the time comes when you can no longer make your own decisions.

Next month: Advanced Care Tools

***BOOK CLUB** will meet on Tuesday, May 3, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book, Sam's Letters to Jennifer, by James Patterson. (Want to get a jump on your book club reading? The June 7 Book Club will discuss the book Gilead by Marilynne Robinson.

~~~~~

*This month we say good-bye to Rachel Skiffington, our Social Work Intern for this year. Rachel has been a welcome addition to our staff for the last nine months and we wish her much luck as she completes her studies. We thank her for her dedication and hard work.*

# 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*

\*\*\*\*\*

## **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.*

\*\*\*\*\*

### **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*

\*\*\*

**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.

~~~~~

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.

May 5- Current Events Discussion

May 12- **National Amusements** Movie Dialogue

May 19- Current Events Discussion

May 26- **Annual Luncheon**

LOOKING AHEAD to June

- **Talent Show-** Wednesday, June 1- 1:00
Please contact Joanne to if you wish to perform.
- **Medicare Program-** Medicare Part D, Drug Prescription
If you are a Medicare beneficiary you **MUST** decide whether or not to enroll in this program. An informational meeting be held at the Senior Center on Wednesday, June 1, at 10:00am. All welcome!
- **Movie-** Saturday, June 4- 12:30 "RAY"

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.*

"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.*

BEWARE! SCAM Alert



Things are not always what they seem. Beware!

Recently the staff of the Senior Center became aware of a web site on the internet that thousands of people throughout the world have been visiting. This web site invites anyone to place their poetry on the web site and calls itself, *www.poetry.com*. This is not the innocent and fun site that it would appear to be.

Once a poem has been submitted then the poet may be contacted and told that their poem (s) has been selected for publication in a Noble House Publishers book. They offer a number of different titles. The poet is asked to pay anywhere from \$49.99 to hundreds of dollars. They are then told, that to receive a copy of the book, they will have to pay for it. Thousands of people have believed this and sent money. None have received a book.

This scam has been exposed and the Attorney General's Office in Maryland is bringing a Class Action lawsuit against poetry.com

**THE NEWTON SENIOR CENTER
WILL BE CLOSED
ON MONDAY, MAY 30,
FOR THE
MEMORIAL DAY HOLIDAY**



**Remembering Our Veterans
MEMORIAL PARADE**
Sunday, May 12 2:00PM
Washington Street, Newtonville
(North on Walnut Street to Watertown Street to Nonantum)
*Aleppo Temple Shriners, American Legion Band,
Newton North High School Band,
Championship Newton North Basketball,
Iraq War Veterans, Scouts*

Newton Upper Falls Seniors

*Emerson Community Center
51 Pettee Street, Newton Upper Falls*
Program for May 2005

- May 4 New Cool Jazz
- May 11 9am Blood Pressure - 10am Bingo, refreshments
- May 18 Four in a Chord
- May 25 Mark Tavenner

Programs start at 10:00am
Bring a friend and enjoy refreshments

**“Laughing is good exercise.
It’s like jogging on the inside.”**

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

- May 4- Susan Gauthier, Arthritis Foundation, “Management of Fatigue”
- May 11- John R. Buonomo, Registry of Probate... changes in registry
- May 18- Steffi Shapiro, RELAX!
- May 25- Paul Tremblay, Boston College Law School “How to Choose an Attorney?”

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

“Wisdom comes with age, but sometimes age comes alone.”

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

From the Health Department



By Elaine Sullivan, RN

Osteoporosis

Definition: Osteoporosis is a debilitating disease that can be prevented and treated. If left untreated, it can progress painlessly. It is a disease in which bones become fragile and more likely to break. Most often these breaks or fractures occur in the wrist, hip and spine. Millions of Americans are at risk. Women are 4 times more likely to develop the disease but men can also suffer from osteoporosis.

Here are some Facts

- Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million men and women aged 50 or older. This represents 55% of the people age 55 and older.
- By 2010, it is estimated that 52 million people in the same age category will be affected and if current trends continue the figure will climb to over 61 million by 2020. 80% of those affected are women which means 20 % are men.
- One in 2 women and 1 in 4 men will have an osteoporosis related fracture in their lifetime.
- Osteoporosis is responsible for 300,000 hip fractures, 700,000 vertebral fractures, 250,000 wrist fractures and 300,000 other fractures per year.

Osteoporosis is NOT a normal part of aging although many people continue to believe this. A long term national effort is needed to educate younger generations so they will have the opportunity to achieve and maintain optimal peak bone mass and reduce the risk of fractures later in life. A national effort must also address earlier detection and treatment for those who already suffer from osteoporosis.

Join us at our monthly HealthStop group for further information which will include who is at risk, prevention and current treatment.

For more in depth information about Osteoporosis, join us, at the Senior Center, May 9, at 10:30 AM for HealthStop with Elaine Sullivan, RN, Newton Health Department.

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

Day Trips: May 25, Lunch/show at East Hill Farm, Troy, New Hampshire . \$42...
Scholarship Fundraiser, Wed., June 8 Foxwood's Casino. Lunch & KENO vouchers & contribution. \$25.

Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office..

Thursday Cards: Thurs. 12-4 PM.
Scandinavian Living Center, No charge.
GOLF, SCAT & Cribbage. Cards provided.

Crafts: For advanced sewers with own machines. Mon., 12-3:00. Call to register, 617-796-1500.

Worker's Workout: Aerobics for the working adult "over 45". Tues. & Thurs., 6:15PM, 10 week class, \$80.

Super Saturdays: Aerobic workout 7:45-8:45AM.

Cribbage- Every Mon., 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. Thurs., 9:30-11:30, Nahanton Park. Call Susanne Spatz , 617-332-5574.

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

Golf Play: Thurs. 9AM- Commonwealth, 9 holes with avid golfer to teach you. \$25 per session.

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, Emerson Community Center. \$1 donation.

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

Aquatics: Newton North Pool- Tues., 9:15-10:15. Frid., Boston College Pool. Van leaves Albemarle 9AM. Register by calling 617-796-1506.

Theatre Buffs: Fri., May 20-Tour of Isabella Stewart Gardner Museum. Leave Albemarle 10:30AM/return 3PM. Lunch on your own. \$26. Call 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: Wed. 8:30 AM at the Warren Courts, West Newton. Intermediate & Advanced players over 55. To register call Phyllis Frank at 617-527-8463.

Golf Lessons: 4 lessons, \$80- 6 to a group, Call to register, 617-799-5906. Wed. 10AM, starts May 4.

Call Mary Brown at 617-796-1500
or go to the web, www.ci.newton.ma.us/parks
click on "Over 55"



PRST STD
U.S. POSTAGE
PAID
NEWTONVILLE, MA
PERMIT # 57284

The Newton Senior Center/Council on Aging is sponsored by the Department of Human Services with funding made possible by the Newton Community Development Block Grant Program. The Publication of the *Golden Times* is sponsored in part by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.