

# July 2005



## Independence Day

Each July we celebrate Independence Day. On July 4<sup>th</sup> Americans let their patriotic colors fly. It is always a proud and uplifting day.

At the Newton Senior Center we celebrate "independence" every day. It is a primary goal of the programs and services to treat everyone with dignity and respect and to offer assistance when needed to those who wish to remain independent. This is accomplished in a variety of ways.

- For those no longer driving, we offer transportation to and from the Center, and to medical appointments and grocery stores.
- For those using the Center, its proximity to marketing banking, etc. offers the ability to create an "independent" schedule.
- For those wishing to accomplish other errands our monthly Mall Trips are an answer.
- Daily lunches provide a midday meal option, with choices.
- The Center provides Income Tax Return assistance directly to the Senior. No family required!
- Our Social Service Department provides resources, support and advocacy with a goal of helping to maintain maximum independence.
- Our daily programs provide many choices of activities for individuals to pick from.

These are but a few of the ways we celebrate independence among those who attend the Center. *We don't shoot off fireworks everyday but celebrate quietly and never waver in our efforts.*

**HAPPY 4<sup>TH</sup> OF JULY**

.....  
 The Newton Senior  
 Center  
 regrets the passing of  
 dear friends  
 .....



**Look Up!** The masthead at the top of this page displays our new name. Hope you like it!  
*New name, same great newsletter!*

**Thank You All ...**for cooperating with our construction this past June. Pop in on the first floor and see the new office that has been constructed and notice how tidy the Center is. The staff took the opportunity during the Center closing to do some much-needed housekeeping. Now with a complete custodial staff made up of Tim Dart from 9:00-1:00 and Ken Doucette from 1:30-5:30 we should be in great shape daily!

### Where to find them?

The reorganization that has created a *Department of Senior Services*, led by Department Head Jayne Colino, became effective as of July 1. This new department is located right here in the Senior Center building and Jayne remains in her office on the mezzanine. The Newton Senior Center/ Council on Aging is now *the* place to come for Senior Parking stickers (see page 7) and Medical Transportation vouchers. The transportation vouchers can also be mailed out upon request.

**"Ah, summer, what power you have to make us suffer and like it."** *Russell Baker*

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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
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](http://www.newtonseniors.org)***

***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. 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, or by mail, by calling 617-796-1660.

- **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

## Prostate Cancer Support Group

**Man-to-Man-** First Friday of each month, 10:30 AM. This month's meeting is, July 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! *This month on July 11, hear about "Food Safety".*



**3-D Art** has returned. Mondays, 10:30 with Ed Urban... *Drop-in!*

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

## Model Building

Do you remember "model building" as a kid? You got a kit and gave each model your own special stamp. Recapture the fun by joining a group of model builders on Thursdays, 10:30-11:30. Donations appreciated. All welcome!

## BARBECUE

On Wednesday, July 13, 11:45 we'll start grilling. Please pre-register by 11:00 the previous day. \$3 per meal! John Rampino will make beautiful music! *(Thanks to our sponsor, The Village Bank!)*

## Learn About Property Tax Exemptions for Senior Citizens

Ruane Crummett, Deputy Director of Assessment Administration and Stanley Dobies, Exemption Specialist, from the City of Newton Assessing Department, will talk about real estate exemptions and tax deferral programs available to qualified Newton Seniors. Come to the Senior Center on Thursday, July 14 at 10:30am.

## 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!

**The Newton Senior Center will be closed for the Fourth of July Holiday on Monday, July 4.**

## ICE CREAM TREAT!

Come enjoy ice cream and toppings donated by Cabot's Ice Cream on Wednesday, July 20! We'll start scooping after lunch has been served, (about 12:00). Come cool off and have a sweet treat. (Yes, we will have sugar-free as well!)

**Questions about the new Medicare- Part D?** Drop by the Department of Social Security Information Table on Tuesday, July 12, between 10:30 & 1:00. Individual attention offered!



## Computer Bulletin Board

*We offer classes for  
Beginners, Internet, Quicken  
& Word Processing  
Classes resume in the Fall*

The Greater Boston Seniors Computer Group

***Will meet again in September***

the 2<sup>nd</sup> Wednesday of each month.

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

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

[Ewelts@rcn.com](mailto:Ewelts@rcn.com)

***The Low-Vision Group will meet on Monday July 11, at  
10:00AM. All welcome for support and information.***

## " Music in June! "

- *Friday- July 1 – 11:45... Lunchtime piano with **Harold Kaswell.***
- *Wednesday, July 6- 11:45...Lunchtime piano with **Victor King.***
- *Friday, July 8- 11:45... Lunchtime piano with **Victor King.***
- *Wednesday, July 13- 11:45... **John Rampino** will play at our July BBQ.*
- *Friday, July 15- 11:45... Lunchtime piano with **Harold Kaswell.***
- *Wednesday, July 20- 11:45...Lunchtime piano with **Victor King.***
- *Friday, July 22- 11:45... Lunchtime piano with **Victor King.***
- *Wednesday, July 27- 11:45... Lunchtime piano with **Victor King.***
- *Friday, July 29- 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!

## **Gone on Summer Break... see you in September!**

- *Sewing Group*
- *Legal Consultation*
- *Feel Good*
- *Gems of Jazz*



***Join Senior Center Director, Jayne Colino,  
for a "Dialogue with the Director"  
Thursday, July 19, at 12:00.***

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

*In appreciation of the Newton Senior Center.*

- The Newton Swing Band
- Lee Mason
- The Greater Boston Seniors Computer Group  
\*\*\*
- Mr & Mrs. Harvey Evans in memory of Nell Johnson.
- Cabot's Ice Cream for our ice cream treat.
- Tody's Gas for keeping our grill tank supplied.
- Brownie Troop 2999 of the Angier School for their beautiful centerpieces.
- Anonymous in honor of Angie Arduino & her wonderful sewing abilities.
- Village Bank for sponsoring our barbecues.

*For assisting with our cable program, "Coming of Age".*

- Whole Foods Market
- Newton/Wellesley Hospital
- American Medical Response
- Newton Police Department
- New TV !

★ A special thank you to Hee-Young Che for her excellent piano accompaniment this past year for our choral group.

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**DO NOT CALL Registry**

To reduce unwanted solicitation phone calls (*use this for cell phones also!*) contact:

- Online- [www.mass.gov/donotcall](http://www.mass.gov/donotcall)
- Consumer Line (toll free)- 1-866-231-2255
- U.S .Mail- MA Do Not Call Program  
PO # 1348, Boston, MA. 02117



**KEEP THE NEWS COMING!**

If you have a subscription to the Golden Times, *now Coming of Age*, please renew as of July 1, 2005 for one year. Send or bring \$6 to the Newton Senior Center. Those not renewed by August 1 will be removed from our list. Notices will be going out to remind current subscribers of the renewal period. Those with subscriptions receive our newsletter at their homes monthly. Every Senior Citizen in Newton receives a complimentary copy 4 times a year. For more information, or to start a new subscription, please see page 2 of this issue.

# 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 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. The new stickers are available at the Newton Senior Center in late June. Your old stickers will be valid through August 30. 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.*

## IN AN EMERGENCY...

*If you need help and cannot speak*

**FIRST dial 911 –**

**Then press the appropriate number:**

**PRESS 1    Police**

**PRESS 2    FIRE**

**PRESS 3    AMBULANCE**

(touch tone phones only)

# July 2005 (Programs subject to change)

| SUNDAY    | MONDAY                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                        |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                  |
| <b>3</b>  | <b>4</b><br><br><b>Center Closed<br/>for<br/>July 4 Holiday</b>                                                                                                                                                                    | <b>5</b><br><br>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>Fish Sandwich/<br>Breaded Chicken Pattie<br>1-Bingo<br>1:30 - Swing Band<br><b>1:30-3:30- Matter of Balance<br/>(pre-registered)</b><br>canceled today only | <b>6</b> <b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:30 – Fine Arts Class<br>11:45- Lunch-<br>Chicken Cacciatore/<br>Ham & Cheese<br><b>Victor King- piano</b><br>1-Duplicate Bridge<br>1- Choral Group<br>1-SHINE<br>1- <b>Video/Discussion Group</b>                     |
| <b>10</b> | <b>11</b><br>9-12- Pool Cues<br>10- <b>Low Vision Group</b><br>10:30-12- Fine Arts Workshop<br>10:30- 3-D Art<br>10:30- <b>Health Stop</b><br>11:45- Lunch-<br>BBQ Boneless Rib /<br>Egg Salad<br>1:00 Scrabble<br>2-Yoga (chairs) | <b>12</b><br><br>9:00-10:00- Aerobics<br>9:00- Spanish- beginner<br>10:30- Spanish- intermediate<br>10:30 Muscle Conditioning<br>10:30-1:00-<br><i>Information Table for<br/>Medicare Part “D”</i><br>11:45-Lunch-<br>Manicotti/<br>Turkey & Cheese Platter<br>1-Bingo<br>1:30 Swing Band                   | <b>13</b> <b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:30- Fine Arts Class<br>11:45- Lunch-<br><b>BBQ w/ Music</b><br>1- Duplicate Bridge<br>1- Choral group<br>1-SHINE<br>1- <b>Video/Discussion Group</b>                                                                 |
| <b>17</b> | <b>18</b><br>9-12- Pool Cues<br>10:30-12- Fine Arts Workshop<br>10:30- 3-D Art<br>11:45- Lunch-<br>Crab Cakes/<br>Ham & Cheese Cheese<br>1:00 Scrabble<br>2-Yoga (chairs)                                                          | <b>19</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>Roast Chicken/<br>Turkey Salad Platter<br><i>Dialogue w/ Director</i><br>1-Bingo<br>1:30 Swing Band                                                                  | <b>20</b><br><b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:30- Fine Arts Class<br>11:45- Lunch-<br>Pot Roast/<br>Tuna Salad<br><b>Ice Cream Party!</b><br><b>Victor King- piano</b><br>1- Duplicate Bridge<br>1- Choral group<br>1-SHINE<br>1- <b>Video/Discussion Group</b> |

|                  |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                              |
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| <p><b>24</b></p> | <p><b>25</b><br/> 9-12- Pool Cues<br/> 10:30-12- Fine Arts Workshop<br/> 10:30- 3-D Art<br/> <b>10-2</b><br/> <b>Van to Christmas Tree Shop</b><br/> 11:45- Lunch-<br/> Stuffed Pepper/<br/> Egg Salad Platter<br/> 1:00 Scrabble<br/> 2-Yoga (chairs)</p> | <p><b>26</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/> Roast Turkey/<br/> Chicken Salad Platter<br/> 1-Bingo<br/> 1:30 Swing Band</p> | <p><b>27</b><br/> <b>9-12 Health Clinic</b><br/> 9-12- Pool Cues<br/> 9:30- Fine Arts Class<br/> 11:45- Lunch-<br/> Chicken Parmesan/<br/> Seafood Salad<br/> <b>Victor King- piano</b><br/> 1- Duplicate Bridge<br/> 1- Choral group<br/> 1-SHINE<br/> <b>1- Video/Discussion Group</b></p> |
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| THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                                                                             | SATURDAY                                                                                                                                                  |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>1 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autobio. Writing<br/> 10:30- Muscle Cond.<br/> 10:30- <b>Man to Man</b><br/> 11:45- Lunch-<br/> <b>BBQ Chicken Special</b><br/> <b>Harold Kaswell on Piano</b><br/> 12- Chess Nut<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p> | <p><b>2</b> 10:00-4:00- <b>Pool Cues</b><br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Yankee Doodle Dandy"</b><br/> 2:00- Yoga (chairs)</p>           |
| <p><b>7</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/><br/> 10:30- Knitting<br/> 10:30- Mandarin Chinese<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Roast Turkey/<br/> Tuna Salad Platter<br/> 12:30- Ceramics<br/> 1:00- French Salon<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p>                                                         | <p><b>8 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autobio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> Seafood Salad Special<br/> <b>Victor King on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p>                                      | <p><b>9</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"The Phantom of the Opera"</b><br/> 2:00- Yoga (chairs)</p> |
| <p><b>14</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Mandarin Chinese<br/> 10:30- Knitting<br/> 10:30-11:30- Model Building<br/> 10:30- 11:30-<br/> <b>Senior Property</b><br/> <b>Tax Exemptions</b><br/> 11:45- Lunch –<br/> Seafood Salad Box Lunch<br/> 12:30- Ceramics<br/> 1:00- French Salon<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p> | <p><b>15 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autobio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> Chicken Papricka/ Roast Beef Platter<br/> <b>Harold Kaswell on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p>                   | <p><b>16</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Sometimes in April"</b><br/> 2:00- Yoga (chairs)</p>      |

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| <p><b>21</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Mandarin Chinese<br/> 10:30- Knitting<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Veggie Quiche/<br/> Roast Beef Platter<br/> 12:30- Ceramics<br/> 1:00- French Salon<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p> | <p><b>22 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autobio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> Chef Salad Special<br/> <b>Victor King on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> <b>1- Foreign Film</b></p>                         | <p><b>23</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Around the Bend"</b><br/> 2:00- Yoga (chairs)</p>         |
| <p><b>28</b><br/> 9:30-11:30 Bridge Lessons<br/> 10-Retirees Club<br/> 10-11:30- Cribbage Lessons<br/> 10:30- Mandarin Chinese<br/> 10:30- Knitting<br/> 10:30-11:30- Model Building<br/> 11:45- Lunch –<br/> Tuna Salad Special<br/> 12:30- Ceramics<br/> 1:00- French Salon<br/> 1- Poker<br/> 1- Yoga (chairs)<br/> 1- Open Bridge<br/> 2-Yoga (mats)</p>                     | <p><b>29 9-12- Health Clinic</b><br/> 9- Aerobics<br/> 10- Advanced ESL<br/> 10:00- Autobio. Writing<br/> 10:30- Muscle Cond.<br/> 11:45- Lunch-<br/> Italian Keilbasa/<br/> Turkey &amp; Swiss Wrap<br/> <b>Harold Kaswell on Piano</b><br/> 12- Chess Nuts<br/> 1- Chinese Painting (pre-registered)<br/> 1- Poker<br/> 1-Bingo<br/> 1- Foreign Film</p> | <p><b>30</b><br/> 10:00-4:00- <b>Pool Cues</b><br/> 10:30- Aerobics<br/> 12:30- movie-<br/> <b>"Something the Lord Made"</b><br/> 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*

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### **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.*

### **The Newton Lions Club invites you to the "Annual Senior Citizen Barbecue"**

Where: Auburndale Cove  
When: July 13, 5:30 pm  
Who: Senior Citizens of Newton



### **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 *Great Harvest Bakery* of Newtonville and *Entennmann'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).



### What is counseling and is it for me?

Counseling or psychotherapy is a term used for a variety of “talk therapies”. A person may consider counseling when (s) he is “stuck” and can’t understand why (s) he feels so angry, blue or afraid. A counselor may help a person figure out why a particular behavior isn’t working or how “to help learn and practice more effective ways to think.” (*Harvard Women’s Health Watch* 10/04) Counseling offers the opportunity to gain understanding of a particular mental health problem or it can offer assistance when a person is faced with a challenging situation. Some people enter into counseling with the hope of becoming more satisfied with their life.

Whatever the reason for beginning counseling, each person must find the right therapist - a psychiatrist, psychologist, social worker or mental health counselor. You can ask your primary care physician, family or friends to recommend a therapist. Some therapists will offer you one meeting at no charge so you can determine if you feel comfortable with the counselor. If you decide to pursue therapy, it may be covered by your health insurance. Health insurance policies vary so it’s important to check with yours to determine the coverage and any limitations. Please note that health insurance will only cover licensed providers.

Initially the therapist will ask questions about your personal and family history. The counselor will ask what issues you want to address in therapy. Some issues could be depression, sleeping or eating problems, abuse of alcohol or drugs, anxiety, interpersonal conflict or reaction to medical illness. You and your therapist will work together to articulate realistic goals. “Talk therapy” is a process by which a therapist supports a client in exploring a particular problem, decreasing a particular symptom, reducing negative experiences or increasing mastery of one’s present and future. Some therapists favor a particular approach (psychodynamic, cognitive-behavioral, group or family) or may recommend a particular type of therapy for you. What is most important is not the name or title of the therapeutic approach, but the rapport that develops between the client and the therapist.

After seeing a therapist for a number of sessions, she may suggest that you see a psychiatrist for a psychopharmacology evaluation to see if you might benefit from medication. Medication may be used in conjunction with the counseling sessions. It is important that you bring a complete list of all medications including “Over-the-counter” ones to your meeting with the psychiatrist to prevent any adverse drug interactions.

In summary, psychotherapy is a way to talk about emotional issues which may be causing you distress. Once identified, it is up to you to change how you view yourself and your life or change how you behave. Therapy is a venue to seek solutions to psychological problems by gaining understanding or insight into what makes you “tick”



**BOOK CLUB** will meet next on *Tuesday, September 6*, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book *Gilead* by Marilynne Robinson.

### SUMMER VIDEO DISCUSSION GROUP

*The fires of romance still burn at twilight.* According to the National Council on Aging, people 60 and older typically enjoy the delights of intimacy. This video discussion series will explore aspects of romance and intimacy. Please join us on Wednesdays from 1 – 3:30 in the library lounge. The series begins July 6<sup>th</sup> and will run for 5 weeks.

### Donations to the Social Service Department

The social service department at the Newton Senior Center has begun 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 raised toilet seats and 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.

# 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 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

*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.*

For the months of June, July and August each meeting will be a discussion of Current Events. Come share your views!

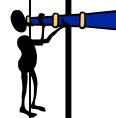
### LOOKING AHEAD to August

**Man-to-Man...** Friday, August 5, 10:30AM –

Prostate Cancer support group.

**Saturday Movie...** August 6, “*The Forgotten*” – 12:30AM

**Barbecue...** Wednesday, August 10, 11:45AM



### 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.*

### More Volunteer Computer Teachers Needed

The Newton Senior Center has a unique computer education program in which students are individually taught. When classes resume in September more teachers will be needed to add to the schedule. Each teaching session is 6 weeks long. The Fall schedule has not yet been determined. If you are interested please call Joanne Fisher at 617-796-1670.

**PLEASE pre-register/ Pre-pay for these classes by July 15:**

*Ceramics...* July 21- September 8

*Chinese Brush Painting...* July 29- September 16

**PLEASE NOTE:** *The Newton Senior Center reserves the right, when necessary, to cancel classes without notice.*

*Make-up sessions will be scheduled when possible.*

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### ELDER ABUSE HOTLINE:

**1-800-922-2275**

**VOLUNTEER PIANO ACCOMPANIST** needed on Wednesdays

to play for our choral group, The SilverNewtones. Call Joanne at 617-796-1670 if interested.

**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 . Don't suffer in the heat. 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*

**See you in September!**

### **How to Stay Young**

*By George Carlin*

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them. This is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, move on. The only person who is with us our entire life, is ourselves. BE ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it unstable improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, BUT not to where the guilt is.
10. Tell the people you love that you love them, at every opportunity AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but the moments that take our breath away.

### **"A MATTER OF BALANCE *will* Return in September!"**

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.*

### **Calling All Veterans to Tell Your Story!**

Newton North High School students, Daniel Saxe & Ari Winograd, are making a documentary film interviewing veterans of World War II, Korea, Vietnam, the Gulf War, Afghanistan and Iraq. The interviews will be done in August. If you would like to help them preserve history and better understand our past please contact:

Daniel Saxe- 45 Morse Rd., Newton, 02460 or

e-mail to... [hist.film@gmail.com](mailto:hist.film@gmail.com)

*Thank you!*



## From the Health Department



*By Elaine Sullivan, RN*

### Food Safety

As I write this article, the warmer weather is still on its way. The upcoming summer months often mean we change how and what we eat. Summer is a good time for picnics and barbecues. Below are some pointers to help you avoid food borne illnesses this summer as well as throughout the year.

#### **Safe Food Handling**

Always be sure your hands and surfaces you will use to prepare food are clean. Don't forget to wash fresh fruits and vegetables too. Separate foods and don't cross contaminate. If you use a cutting board for cutting chicken or meat, don't use the same board for vegetables unless it has been thoroughly cleaned and disinfected. Don't use the same platter for the raw and cooked foods without thoroughly cleaning it. Keep your refrigerator clean by wiping up spills right away. Make it a habit to look over the refrigerator contents once each week and get rid of perishable food that has been there a week. Its also a good idea to date each perishable item as you put it into the refrigerator so you can readily identify those that need to be discarded.

#### **Cooking**

Cook all foods to the proper temperature. Meat should be cooked to 145° at a minimum. Poultry should be cooked to 160°- 180°. All other meat and fish should be cooked to 160°.

#### **Serving Foods**

A popular way to celebrate any occasion is a food buffet. Bacteria are everywhere and when we leave food out in temperatures between 40-140 degrees for more than 2 hours, we are courting illness. Food should not sit at room temperature for more than two hours. Keep track of the time and if it is your party, refrigerate it before two hours are up, or discard it after two hours. Keep hot foods hot and cold food cold. Hot foods should have the temperature maintained at 140° and cold foods should be held at 40° or colder. One way to avoid wasting food is to put out smaller trays and replace them as needed.

#### **Mail Order Food**

Many people order foods through the mail today.. Make sure perishables are sent with cold packs, they are delivered as quickly as possible and labeled "keep refrigerated". Open packages immediately and check the temperature. The cooling source should still have ice crystals visible or be too cold to hold for more than a few minutes. Do not consume or even taste the food if it arrives warm.

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*For more in depth information about Food Safety, join us, at the Senior Center, July 11, at 10:30 AM for HealthStop with Elaine Sullivan, RN, Newton Health Department.*

# Newton Parks & Recreation Programs for People Over 55 - July 2005

**Day Trips:** July 27, Foster's Downeast Clambake in York Harbor, Maine. \$48. Save August 31 for the Gloucester House Restaurant lunch and afternoon in Rockport. *Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office.*

**Thursday Cards:** Thurs. 12-4 PM. Scandinavian Living Center, GOLF, SCAT & Cribbage. Cards provided.

**Cool Conditioning-** For people over 50 at Lower Falls Community Center (air-conditioned). Tuesdays & Thursdays, 6-7PM. Stay in shape! July 5-Aug.4, \$45.

**Body Toning & More-** A new gentle approach to muscle conditioning you can learn to do at home on your own. Wednesdays, 10AM, July6-27. Lower Falls Community Center (air-conditioned). 4 week session- \$10.

**Cribbage-** Every Mon., 10:00-2 PM at Nahanton Park. Everything provided. Bring your lunch! Newcomer's welcome! Starts July 11, Hamilton Grove Housing..

**Bocce-** Mondays, June 6, 2-4PM, Cabot Park. Substitutes welcome.

**Golf Play:** Thursday 9AM-Commonwealth, 9 holes with avid golfer to teach you golf rules and etiquette. \$25 per session. Must pre-register. For August classes, 617-796-1506.

**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 the air-conditioned , American Legion Post #440, 295 California St.. \$1 donation.

**Aquatics:** Aquatic exercise, Monday-Friday at Gath Pool starts July 5, 12:15-1PM. \$30 summer pass or \$2 per class.

**Theatre Buffs:** Theatre now listed on day trip brochure. September 22-23, New York. Overnight, November 2, "Full Monty".

**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 web-site [www.emass.seniorsoftball.com](http://www.emass.seniorsoftball.com)

**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.

**Golf Lessons:** 4, one hour lessons at Commonwealth, \$80- 6 to a group, Call to register, 617-796-1506. Wed. 10AM, starts in June.

**Call Mary Brown at 617-796-1500**  
*or go to the web, [www.ci.newton.ma.us/parks](http://www.ci.newton.ma.us/parks)*  
*click on "Over 55"*



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