



November 2005

The Giving Season

Each year at this time we have the opportunity to reflect and give thanks. This year is it is especially clear to those of us here in New England how very lucky we are to *not* have been in the eye of hurricane Katrina. Somehow, our woes with snow and ice, the Big Dig and even the Red Sox seem very minor in comparison.

Here at the Newton Senior Center we look forward to the holiday season with excitement, and in the spirit of giving.

- Our Used Clothing Sale benefits the Senior Center programs and unsold items go to local charities and this year to Louisiana.
- Our Gift and Craft Fair also benefits the Senior Center, with many unsold items, going to local charities and Louisiana.
- We are collecting NEW toys and gifts for children ages 0-18 years for families in need in our community.
- Our sewing folks and crafters work 12 months a year to make handmade treasures to be distributed in our “giving program”.

WE do not forget our Senior Center family at this time of year. In what has become a wonderful tradition, the Newton Senior Center, provides a beautiful meal for those who find themselves away from family on the Thanksgiving Holiday. This meal is sponsored through the generosity of the Newton Kiwanis Club.

Please contact Joanne at 617-796-1670 to have Thanksgiving Dinner with your Senior Center family on Thursday, November 24. This is for those who will not be having another Thanksgiving meal that day, as space is limited. There is no charge and transportation will be provided.

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

Medicare Part D

An informational program about the “Medicare-Part D” program will be offered at the Newton Senior Center on Tuesday, November 8 at 10:30 Following the program a representative of Social Security will be available to speak with individuals about the program. Enrollment in Medicare- Part D is from November 15, 2005- May 15, 2006. Everyone will need to decide about enrollment and all are encouraged to attend these meetings. (See article on page 6.)



New MBTA FARE CARDS

The MBTA is implementing new fare collection equipment and is replacing all valid Senior Citizen ID’s & Transportation Access Passes for the disabled.

Friday, November 4, 1-3:30pm

Friday December 16, 1-3:30pm,

The Newton Senior Center will host the MBTA as they take photos and replace current cards and offer applications for new passes.

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THE NEWTON SENIOR CENTER STAFF

617-796-1660

FAX 617-969-9560

Web Site Address – www.newtonseniors.org

Center Hours: 8:30-4:00 Monday-Friday & 10:00-4:00 Saturday



Staff

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

Coming of Age SUBSCRIPTION FORM

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

Name _____

Street _____

City _____ State ___ Zip _____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Coming of Age four times a year. (February, May, August, & November).

PLEASE NOTE: Copies of the Coming of Age may be picked up, at no charge at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city.

It may also be accessed on the WEB... Go to www.newtonseniors.org
Then go to Our Programs, choose Coming of Age

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

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



Senior Transportation Services

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

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

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

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

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

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

These services are provided regardless of donation.

"OTHER TRANSPORTATION SERVICES"

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

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

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

What's Happening at the Senior Center

Prostate Cancer Support Group

Man-to-Man- First Friday of each month, 10:30 AM. This month's meeting is November 4. 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 & Human Services Department, will talk about current health issues on the 2nd Monday of each month at 10:30 AM. All welcome! *This month on November 14, hear about "Diabetes". (See page 15.)*



SHOPPERS pre-register to take the Senior Center Van to Building 19 in Natick, on Monday, November 28. Please bring a bag lunch. *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.)*

Volunteer Meeting

Volunteers!!! We have much to do to prepare for the holidays... Please attend our meeting on Monday, November 14 at 1:00.

The Newton Senior Center will be closed on Friday November 11, for the Veteran's Day Holiday. It will be open on Saturday, November 12.

The Newton Senior Center will be closed on Wednesday, November 23 at 1:00 and Thursday, November 24 for the Thanksgiving Day Holiday.

The Joy of Music

All Newton Music School and the Aronson Foundation are once again sponsoring monthly music sessions at the Senior Center. Join other music lovers on Monday, November 21 at 1:00 to hear Lynn Salmonson on the piano.

Thanksgiving Celebration

Enjoy a PRE- Thanksgiving meal with friends. Dance to the music of John Rampino and don't forget to pre-register for lunch by 11:00 the previous day. The fun begins at 11:45, Thursday, November 17.

Legal Consultation

Law students from Boston College Elder Legal Services take appointments at the Senior Center on the first Friday of each month. Please call in advance to make your appointment. No charge.

Candidate's Forum

Meet the candidate's for local offices, at the Newton Senior Center at 10:30 on Wednesday, November 2. All welcome!

"Low-Carb Food Craze!"

Nancy Keith, nutritionist from Springwell, will speak at the Senior Center on Thursday, November 10 at 12:00, during lunch.

More... What's Happening



Computer Bulletin Board

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

Wednesday, November 9:30- 9-12:00

The Greater Boston Seniors Computer Group

Repair, Upgrade or Replace...

What to do with your old computer?

For more information contact Eve Welts

781-894-4948. Ewelts@ren.com

***The Low-Vision Group will meet on Monday, November 7,
at 10:00AM. All welcome for support and information.***

" Music in November! "

- *Wednesday, November 2- 11:45...Lunchtime piano with **Victor King.***
- *Friday- November 4 – 11:45... Lunchtime piano with **Victor King.***
- *Wednesday, November 9- 11:45... Lunchtime piano with **Victor King***
- *Wednesday, November 16- 11:45... Lunchtime piano with **Victor King.***
- *Thursday, November 17- 11:45... **John Rampino** will play for our Thanksgiving Celebration!*
- *Friday, November 18- 11:45... Lunchtime piano with **Harold Kaswell.***
- *Monday, November 21- 1:00... The Joy of Music*
- *Wednesday, November 23- 11:45... Lunchtime piano with **Victor King.***
- *Wednesday, November 30- 11:45... Lunchtime piano with **Victor King.***

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.



NOVEMBER 8 IS ELECTION DAY!



Getting Started... What to do when someone in your family has memory loss

November 9, 2005... 6:30-9PM

This free program from the Alzheimer's Association provides an overview of the disease, how to get a diagnosis, local resources and how to address issues relating to living with this disease. Call 1-800-272-3900.

Join Senior Center Director, Jayne Colino, for a "Dialogue with the Director", Tuesday, November 22, at 12:00.

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

- Joan & Robert Rome in appreciation of the Senior Center
- Julie Sweeney in memory of her husband Bob.
- Chuck & Grace Yee in appreciation of our SHINE Program
- Kiwanis Club of Newton in sponsorship of our Thanksgiving Day Meal
- Newton Lions Club in sponsorship of our Thanksgiving Day Meal



MEDICARE IS CHANGING

The enrollment period for this program is, November 15, 2005- May15, 2006.

- Q.** *Should I enroll in the plan even if I have drug coverage now?*
- A.** Almost all programs providing drug coverage to Medicare beneficiaries will be affected. This includes those with low income, those with savings, those covered by employee/ retirement plans, Medicare HMO members and those with Prescription Advantage. Compare these options and your program, then choose.
- Q.** *What if I don't have drug coverage now?*
- A.** Even those with no current coverage should begin thinking about what they need and can afford. Make a list of current medications and check with doctors to see if any can be taken in the generic form (less costly). Have this ready to help you make a choice.
- Q.** *What if I need help comparing plans?*
- A.** Call 1-800-633-4227 or make an appointment with a SHINE counselor here at the Center by calling 617-796-1660.
- Q.** *Will there be an informational program soon?*
- A. Yes, at the Newton Senior Center on Tuesday, November 8, 10:30. (see page 1)**
- For a listing of plans available to you call 1-800-MEDICARE or go to www.medicare.gov*

Advanced Mah-Jong Play

- *Experienced players pre-register by calling 617-796-1660.*
- *A donation of \$1 is suggested.*
- *We have tiles, bring your card!*
- *Every Wednesday, 1-3:45*
- *Starts November 2.*

Did You Know?

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



The Perfect Gift? Newton Throw

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

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

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



If you need help and cannot speak

FIRST dial 911 – (touch tone phones only)

Then press the appropriate number:

PRESS 1...Police PRESS 2 ...FIRE

PRESS 3...AMBULANCE

ELDER ABUSE HOTLINE: 1-800-922-2275

Donations to the Social Service Department

The social service department at the Newton Senior Center recycles used durable medical equipment and other small household items for seniors at no cost. We will accept equipment that is ***gently used and in good working order***.

*If you would like to donate items **or** are in need of an item, please call Ana or Kathy at 617-796-1660.*

BE PREPARED!!!

NOW is the time to make arrangements to have your snow shoveled this winter. Those of you who have felt "left in the cold" because you did not arrange for snow removal in advance are reminded to see to this NOW!!! The city *cannot* provide snow removal from private property.

Plan ahead now, relax later!!!



November 2005 (Programs subject to change)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<p>1 9:00-10:00- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Stuffed Cabbage Tuna Salad 12:30- Matter of Balance- (pre-registered) 1- Bereavement Group 1- Book Club 1-Bingo 1:30 - Swing Band</p>	<p>2 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Arts Class 10:30 Candidate’s Forum 11:45- Lunch- Broccoli/Cheese/Fish Cold Turkey platter Victor King- piano 1- Feel Good 1- Mah-Jong (pre-registered) 1- Choral Group 1-Duplicate Bridge 1-SHINE</p>
6	<p>7 9-12- Pool Cues 10- 10- Tax Volunteer Meeting 10- Low-Vision Group 10:30-12- Fine Arts Workshop 11:45- Lunch- Baked Stuffed Salmon Ham/Cheese 1-Sewing 1 -Scrabble 1- Parenting Adult Children 2-Yoga (chairs)</p>	<p>8 9:00-10:00- Aerobics 10:30 Muscle Conditioning 10:30- Medicare- Part D 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Chicken Cacciatore Roast Beef/ Cheese Platter 12:30- Matter of Balance (pre-registered) 1- Bereavement Group 1-Bingo 1:30 - Swing Band ELECTION DAY</p>	<p>9 9-12 Health Clinic 9-12- Pool Cues 9:30 – Fine Arts Class 9:00- Computer Group Meets 11:45- Lunch- Meatloaf Egg Salad Platter Victor King- piano 1- Feel Good 1- Mah-Jong (pre-registered) 1- Choral Group 1-Duplicate Bridge 1-SHINE 6:30-9 Getting Started</p>
13	<p>14 9-12- Pool Cues 10:30-12- Fine Arts Workshop 10:30- Healthstop 11:45- Lunch- Hot Dog Beef Rib Sandwich 1- Volunteer Meeting 1- Parenting Adult Children 1-Sewing 1 -Scrabble 2-Yoga (chairs)</p>	<p>15 9:00-10:00- Aerobics 10:00 Bill Paying Seminar 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Chicken Marsala/ Tuna Platter 1- Brereavement Group 1-Bingo 1:30 Swing Band</p>	<p>16 9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Pier #17 Fish Chef’s Salad Victor King- piano 1- Feel Good 1- Mah-Jong (pre-registered) 1- Duplicate Bridge 1- Choral group 1-SHINE</p>

<p>20</p>	<p>21</p> <p>9-12- Pool Cues 10:30-12- Fine Arts Workshop 11:45- Lunch- Beef Stew Breaded Chicken Pattie 1- Joy of Music 1- Parenting Adult Children 1-Sewing 1- Scrabble 2-Yoga (chairs)</p>	<p>22</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Lemon Pepper Fish Turkey Platter <i>Dialogue with Director</i> 1- Bereavement Group 1-Bingo 1:30 Swing Band</p>	<p>23</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Chicken Dinner Seafood Salad Victor King- piano</p> <p><i>Center closes at 1:00 PM for Thanksgiving Holidays</i></p>
<p>27</p>	<p>28</p> <p>9-12- Pool Cues 10-2 Van to Building #19 10:30-12- Fine Arts Workshop 11:45- Lunch- Chicken Papricka Roast Beef & Cheese Platter 1- Sewing 1- Parenting Adult Children 1- Scrabble 2-Yoga (chairs)</p>	<p>29</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Meatballs / Ziti Ham & Cheese 12:30 Matter of Balance (pre-reg) 1- Bereavement Group 1-Bingo 1:30 Swing Band</p>	<p>30</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 11:45- Lunch- Ham Dinner ChickenSalad Victor King- piano</p> <p>1-Feel Good 1-Mah-Jong (pre-registered) 1- Duplicate Bridge 1- Choral group 1-SHINE</p>

THURSDAY	FRIDAY	SATURDAY
<p>3 9:30-11:30 Bridge Lessons 10-Retirees Club 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Pot Roast Dinner Seafood Salad 12:30- Ceramics (pre-registered) 1-Poker 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>4 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobiog. Writing 10:30- Muscle Cond. 10:30- Man to Man 11:45- Lunch- Veggie Quiche Grilled Chicken Vitor King- piano 12-2 Legal appts. 12-4 MBTA Fare cards 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>1 10:00-4:00- Pool Cues 10-12 Gems of Jazz 10:30- Aerobics 12:30- movie- "Godfather I" 2:00- Yoga (chairs)</p>
<p>10 9:30-11:30 Bridge Lessons 10-Retirees Club 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Roast pork Chicken Fajita Salad Nutrition Talk 12:30- Ceramics (pre-registered) 1- Poker 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>11 Center Closed for Veteran's Day</p>	<p>8 10:00-4:00- Pool Cues 10-12 Gems of Jazz 10:30- Aerobics 12:30- movie- "Godfather II" 2:00- Yoga (chairs)</p>
<p>17 9:30-11:30 Bridge Lessons 10-Retirees Club 10:30- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Turkey Dinner Special Thanksgiving Celebration 12:30- Ceramics (pre-registered) 1-Poker 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>18 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Autobiog. Writing 10:30- Muscle Cond. 11:45- Lunch- Roast Beef Carving Station Special Ham & Cheese Harold Kaswell on Piano 12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>19 10:00-4:00- Pool Cues 10-12 Gems of Jazz 10:30- Aerobics 12:30- movie- "Godfather III" 2:00- Yoga (chairs)</p>

<p>24</p> <p>Center Closed for Thanksgiving Holiday</p>	<p>25 9-12- Health Clinic</p> <p>9- Aerobics 10- Advanced ESL 10:00- Autbio. Writing 10:30- Muscle Cond. 11:45- Lunch- Beef Rib Tuna Salad</p> <p>12- Chess Nuts 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>26</p> <p>10-12 Gems of Jazz 10:00-4:00- Pool Cues 10:30- Aerobics 12:30- movie- "Fever Pitch" 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 & Human Services Department are available at the Newton Senior Center on Wednesdays & Fridays from 9:00-12:00, to take blood pressure and answer your health related questions. *For further information call The Newton Health Department at 617-796-1420*

City of Newton Senior Citizen Tax Relief Programs

• **"Property Tax Work-Off Program"**

Eligible Senior Citizens may volunteer in municipal departments and have their time applied toward a reduction in property taxes. *This income is taxable.*

• **"For Older Citizens" (Clause 41C)**

Eligible Senior Citizens are entitled to a \$1,000.00 exemption.

• **"For Older Citizens: Tax Deferral" (Clause 41A)**

Eligible Senior Citizens are entitled to defer (delay) payment of any portion of their property bill.

To find out about this & other property tax relief programs call

The Assessors Office

Newton City Hall ... 617-796-1160



The Newton Senior Center closes when Newton schools are closed for weather. Listen to Newton Cable TV or local radio for information. You may also call our main number and hear a message.

NOTE:

The Newton Senior Center reserves the right, to cancel classes without notice.

Make-up sessions will be scheduled when possible

SENIOR CENTER MEALS

The Newton Senior Center serves

Lunch every Monday-Friday at 11:45.

- Reserve by calling 617-796-1660 by 11:00 the previous day. Choose your menu at this time.
- Reservations are forfeited after 12:00.
- Please cancel your reservation by 11:00 the previous day.
- 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 *Arnold Andler*.

Canceling Transportation to the Senior Center

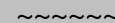
The Newton Senior Center provides door-to-door transportation daily for Newton Residents upon request. (See p.3).

- 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)*



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 Service 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).



Bereavement Support Group

Please call Alison Wintman, Social Work Intern, (617-796-1660) to pre-register for this group that meets on Tuesdays at 1:00 at the Newton Senior Center. Use this time to find support around issues of grieving, in a safe and friendly environment.

November is National Alzheimer's Disease Awareness Month

Approximately 4.5 million Americans have Alzheimer's disease (pronounced *AHLZ-hi-merz*) disease. Alzheimer's disease (AD) is one of several disorders that cause the gradual loss of brain cells. Common symptoms include a loss of memory, problems with reasoning or judgment, disorientation, difficulty in learning new information, loss of language skills, and decline in the ability to perform routine tasks. Some change in memory is normal as we grow older; however people with Alzheimer's disease experience difficulties severe enough to have an impact on work, social activities, and family life.

*To help family members recognize warning signs of Alzheimer's disease, the Association has developed a **checklist** of common symptoms.*

- 1. Memory loss-** a common early sign of dementia is forgetting recently learned information.
- 2. Difficulty performing familiar tasks-** finding it hard to complete everyday tasks that are so familiar we usually do not think about how to do them.
- 3. Problems with language-** forgetting simple words or substituting unusual words, making his or her speech or writing hard to understand.
- 4. Disorientation to time and place-** getting lost on their own street, forgetting where they are and how they got there, and not knowing how to get back home.
- 5. Poor or decreased judgment-** dressing without regard to the weather, wearing several shirts or blouses on a warm day or very little clothing in cold weather.
- 6. Problems with abstract thinking-** forgetting what numbers are, when balancing a checkbook, and what needs to be done with them.
- 7. Misplacing things-** putting things in unusual places: an iron in the freezer, etc.
- 8. Changes in mood or behavior-** experiencing rapid mood swings for no apparent reason.
- 9. Changes in personality-** becoming extremely confused, suspicious, fearful, or dependent.
- 10. Loss of initiative-** becoming very passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities.

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



BOOK CLUB will meet on *Tuesday, November 1*, at 1:00. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book Charms for the Essay Life by Kaye Gibbons. Please join us and help plan future meetings.

Services for You

BROKEN APPLIANCES?

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

Bring items to:

Scandinavian Living Center, 206 Waltham St.

Wednesdays, 1:00-3:00.

Cost of parts required. Donations welcome.

SOAR- Service Opportunities After Retirement

Questions? 617-969-5906 x 120

Newton /Brookline

Consumer Office

Housed in Newton City Hall this office is available to answer your consumer questions and mediate your issues around purchases of goods and services for your personal use.

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 2nd floor!



MBTA Senior & Access Pass

NEW Fare cards will be issued at the Newton Senior Center

- *on Friday, November 4 from 1-3:30*
- *Friday December 16 1-3:30*

NO FEE

You must be 65 years old to be eligible.

(Old cards will become invalid within the year)

Visit ...The NEWTON SENIOR CENTER website at

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.

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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*

November 3... Myron Greenside,

*Is the Criminal Trial System Fair?*

November 10... *Current Events Discussion*

November 17... Tom Mountain, *The life of a TAB reporter*

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

### LOOKING AHEAD to December

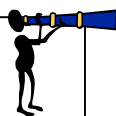
**Man-to-Man...** Friday, December 2, 10:30AM

Prostate Cancer support group

**Annual Gift & Craft Fair...** Saturday, December 3, 10-3PM

**Feel Good...** Wednesday, December 7, 1:00PM

Marion Kofman, *The Joys of Stress!* 1:00PM



### 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.*

*Always wanted to learn to speak Spanish?* Lessons are offered at the Senior Center Tuesday mornings. See calendar!

### FEEL GOOD

*Every Wednesday at 1:00... Drop-in and you will "feel good"!*

November 2... Familiar Opera with Len Linsky

November 9... Bone Health with Deborah Sarro

November 16... Relax with Steffi, meditation.

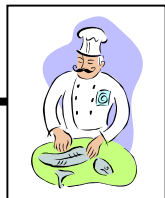
November 23...

Center closes at 1:00pm for Thanksgiving Holiday.



### A SPECIAL TREAT!

On Friday, November 18, those having lunch at the Senior Center may choose the "hot meal" and on this day only, be treated to a live chef carving Roast Beef, in our dining room. as the main course. All the trimmings will of course be served. Those not wishing this can choose the cold meal that day.



Thursday Poker is back...

Drop-in at 1:00 in the large conference room.

The first 7 folks to arrive will be dealt in!

**Newton Upper Falls Seniors**

*Emerson Community Center  
51 Pettee Street, Newton Upper Falls  
(at the junction of Eliot, High and Oak Streets)*

\*\*\*

Meetings are held each Wednesday of the month at 10:00AM

- November 2... Mark Tavenner at the Piano
- November 9... Blood Pressure (9AM) Bingo (10AM)
- November 16... Duane Sullivan, songster
- November 23... No Program – Thanksgiving
- November 30... Traveling with Wild Animals

***Visitors Welcome... Refreshments Served***

**Bill Paying Seminar... Tuesday, November 15- 10:00AM**

*Program presented by The Massachusetts Financial Planning Association*

Learn to:

- Organize those bills.
- Budget for the year.
- Pay on time.
- Keep accurate records
- How to read bills.

Learn about:

- Bank services
- Alternative ways to handle bill paying.
- What questions to ask

**Poker Hands sought for friendly Friday game**

**at the Senior Center. Drop-in at 1:00!**

*(first 7 players will play!)*

**Gift and Craft Fair Planned for December**



Crafters should begin working on projects to be donated to the Newton Senior Center Gift & Craft Fair to be held on December 3 (10-3). This is a great place to showcase your work and help raise funds for the Senior Center. Tables will be sold to private vendors as well. This is “THE” place to prepare for a wonderful holiday season! If you have questions or suggestions, please contact Joanne at 617-796-1670.

**BE A VOLUNTEER!**

Currently we seek more computer teachers. We are also looking for a piano accompanist for our choral group that meets on Wednesdays at 1:00. If you do not fit into the categories listed, let’s talk and see if we might have something else that might interest you. *Just call Joanne at 617-796-1670 to make an appointment.*

**The Newton Senior Center regrets the passing of dear friends Claire Freeman , Kay Lynch. Arthur Kapla Jean Shafer & Daniel Moran**



## **From the Health Department**

*By Elaine Sullivan, RN*

### **Diabetes- What's Your Risk?**



Diabetes Mellitus is a group of diseases characterized by high levels of blood glucose due to defects in insulin production, insulin action or both. Diabetes can be associated with many serious complications, which may lead to premature death.

6.3% of the American population has this condition! The scary part is, 5.2 million of them don't know it.

Diabetes is the 6<sup>th</sup> leading cause of death. This is thought to be a lower number than it should be because often diabetes is not listed on death certificates.

#### *Are you at risk?*

You may be at risk of developing diabetes if you are: overweight, inactive, Latino, African American, Native American or Asian, have a family history, have high blood pressure, have an HDL cholesterol of 40 or less, or a triglyceride of 150 or more, are over 40 years old, had a baby weighing more than 9 pounds or had diabetes during pregnancy.

#### *Symptoms*

Fatigue, extreme hunger, excessive thirst, unusual weight loss, irritability, blurry vision, frequent urination, frequent skin or genital infections, slow healing cuts, numb or tingling feet.

#### *Diagnosis*

You can be diagnosed through 2 tests. The least difficult and least expensive is a fasting plasma glucose or fasting blood sugar. This is usually done when you have had no food for at least 8 hours so is frequently done in the early morning. Results of 100-125 are pre-diabetes and results 126 or higher are considered to be diabetes. The second test, the glucose tolerance test involves several measurements over several hours.

#### *Prevention*

Many lifestyle changes can prevent or delay the onset of type 2 diabetes. This includes diet and moderate physical activity. In a study group of people at high risk, making lifestyle changes reduced the development of diabetes by 58% over 3 years. Some medications have also been found to be helpful in reducing developing diabetes.

*To learn more about Diabetes, please join me,  
Elaine Sullivan, RN, on November 14 at 10:30 AM.*

### **SAFE SCRIPT**

The Newton Health & Human Services Department is offering a free medication evaluation program to residents of Newton. The goal is to identify factors that may be putting clients at risk for medication errors. The RN will work with the client and physicians, pharmacists and families as needed. Please call 617-796-1440 for more information.

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

**Day Trips:** Gourmet lunch at the Historic Kinsale Inn, Wednesday, November 30. Also tour of Mattapoisett and surrounding areas with a stop the Christmas Tree Shop. \$42. *Registrations available at City Hall, Senior Center, Library and Parks & Recreation Office.*

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

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

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

**Dawn's Aerobics:** Wednesdays, 9-10 AM, Lower Falls Community Center, \$40, 10 week session or \$5 a class.

**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"*

**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 Emerson Community Center. \$1 donation.

**Aquatics:** Aquatic exercise or lap swimming, Tuesdays, at the Newton North Pool. 1:30-2:30PM and Fridays at Boston College Pool 10-11 AM. \$30 for 15 sessions or \$3 per class.

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

**Men's Basketball for Seniors:** Call John Stewart 617-969-0950. Tuesdays & Saturdays at the Hawthorne Gym.

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

**Tai-Chi & Muscle Toning:** Wednesdays, 10AM, Lower falls Community Center. 7 weeks. \$15. (\$3 per class).



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PERMIT # 57284

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