



Happy

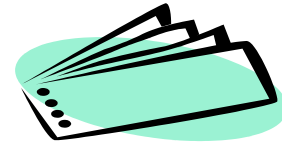


Making Life Simpler!

Transportation System Improvements!

It is with great excitement that the Department of Senior Services unveils its new & improved transportation system for the Senior Citizens of Newton!

- Beginning July 1, 2006 all transportation services (Senior Center Transportation, Medical & Other Transportation and Shopper's Service) will be bundled together as one, with Veteran's Taxi as the sole provider.
- The service will be expanded to offer transportation to houses of worship within Newton, 7 days a week, anytime.
- Those wishing to make sick visits to nursing facilities or hospitals (within Newton) may use this service, Monday-Friday, 8:00-5:00.
- Those seeking transportation to medical appointments may use this service, Monday-Friday, 8:00-5:00. All of these trips must be within the City of Newton or specific locations up to 2 miles outside of the city.
- Shopper's Service, (formerly the Shopper's Bus) will be available Tuesday, Wednesday & Thursday from 10:00-2:00. You may choose your day & time and grocery store (within Newton).
- Transportation to and from the Senior Center will run from 8:00 to 4:00. (Center opens at 8:30.)
- Riders will be driven on a more individual basis. Taxis and vans will be employed.
- A coordinator will be designated to oversee these services.
- Riders will call 617-796-1288 to reserve *all* trips and must submit a voucher, available at the Senior Center, in books or individually. Riders *may* be put on a *regular* schedule for any of these services. (Same day, time and destination, daily or weekly) A donation of \$2 each way is suggested. (See opposite column.)
- Reservations should be made 3 business days in advance, *except Senior Center Transportation*, which should be made by 4:00 the previous day. (Except Mondays, which should be made on Friday)
- Pink medical vouchers will be honored until used up. Punch cards may be traded for new coupons.



How to Get a Voucher Book:

Voucher books (or individual vouchers) are to be used instead of cash to pay for the rides provided by the Department of Senior Services as described in the opposite column:

- Anyone wishing a voucher book or individual vouchers can come to the Newton Senior Center at 345 Walnut St. and get them.
- Those unable to come to the Center can call (617-796-1660) and request that the vouchers be sent to them. A self-addressed envelope and the suggested donation amount will be included. All the rider needs to do is send back a check for vouchers received.
- Vouchers can be requested by mail, sent to Newton Senior Center at 345 Walnut St. Newton, MA, 02460.
- A donation of \$2 each way is suggested, however, riders should pay only the amount their budget will allow. No one will be denied transport, regardless of donation.
- These vouchers are unique to these services and are different from the coupons available through Veteran's Taxi, for taxi service.



For transportation to medical appointments outside of Newton please call:

- Busy Bee- 1-800-427-0230
- The RIDE- 1-617-222-5123 (eligibility required)
- The Newton Senior Center for more details, 617-796-1660.

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**MORE DETAILS TO FOLLOW!**

# June 2006

## Transportation - New & Improved!

*It is with great excitement that the Department of Senior Services unveils its new & improved transportation system for the Senior Citizens of Newton!*

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- The service will include transportation to houses of worship, within Newton, 7 days a week, anytime.
- Sick visits to nursing facilities or hospitals (within Newton) will be available, Monday-Friday, 8:00-5:00.
- Trips to medical appointments will be available Monday-Friday, 8:00-5:00. These trips must be within the City of Newton or to specific locations up 2 miles outside of the city.
- Shopper's Service, (formerly the Shopper's Bus) will be available Tuesday, Wednesday & Thursday, from 10:00-2:00. You may choose your day & time and grocery store (within Newton).
- Transportation to and from the Senior Center will run from 8:00 to 4:00. (Center opens at 8:30.)
- Riders will be driven on a more individual basis. Taxis and vans will be employed.
- A dispatcher will be designated to oversee these services.
- Riders will call 617-796-1288 to reserve *all* trips and must submit a coupon, available at the Senior Center, in books or individually. Riders *may* be put on a *regular* schedule for any of these services. (Same day, time and destination, daily or weekly) A donation of \$2 each way is suggested.
- Existing medical vouchers and punch cards will be honored as donation for these services.

*(continued at top of opposite column)*

*(continued)*

- Reservations should be made 3 business days in advance, *except for Senior Center Transportation*, which should be made by 4:00 the previous day. (Except Mondays, which should be made on Friday)

## New Intake Forms

June 5 through June 12,, all participants at the Newton Senior Center will be asked to fill out a *new* intake form. (All information will be held strictly confidential) This form has been designed to collect important information to be used to:

- Maintain current emergency contact information.
- Answer specific questions routinely asked by our funding sources.
- Offer staff useful data for program development.

Everyone filling out a form in these two weeks will automatically be entered into a raffle. The drawing will take place on Friday, June 16. *Thereafter, all new participants and those who have not previously filled out a form will be asked to do so. Your cooperation will help us maintain or increase our funding.*

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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...617-796-1671                   |
| Alice Bailey.....         | Administrative Coordinator...617-796-1664 |
| Joanne Fisher.....        | Program Coordinator...617-796-1670        |
| Kathy Laufer.....         | Clinical Social Worker...617-796- 1663    |
| Ana Gonzalez.....         | Outreach Worker...617-796-1672            |
| 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                             |
| Teri Struth.....          | Administrative Assistant                  |

**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)** 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.



# Getting Around

## “Senior Transportation Services”

See Page 1 for explanation of changes as of July 1, 2006.

- **Medical & Other Transportation** - For Newton Seniors to medical appointments within the City of Newton and some destinations within 2 miles of the city. This service now includes sick visits to nursing facilities & hospitals within the city. Service available Monday through Friday 8-5. Also transportation to **houses of worship** (within the city) are available everyday, at anytime through this service.
- **The Shopper's Service** will take you for weekly marketing. Reservations available for Tuesday, Wednesday or Thursday from 10-2. Your choice of market within the city.  
*The above services must be reserved 3 business days in advance. They are not available on legal holidays.*
- **Transportation to the Newton Senior Center-** Service 6 days a week. Reserve by 4:00 the previous day. Pick-ups begin at 8:00. Returns through the day until 4:00. Saturdays begin at 10:00. (Center open 8:30-4:00, Mon. –Fri./ 10-4, Saturday)

.....  
*Coupons are good for all of the above services.* Coupons, available in books or individually, at a suggested voluntary donation of \$2 each way, are available at the Senior Center, or by mail, by calling 617-796-1660.

*These services are provided regardless of donation.*

**ALL reservations may be made by calling 617-796-1288.**  
*(Beginning July 1, 2006)*

### "OTHER TRANSPORTATION SERVICES"

**Busy Bee Medical Transportation** – medical transportation outside Newton. Suggested donation is \$4.00 one way, and requires advance reservations. *Call 1-800-427-0230*

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**“The RIDE”**- Call 617-222-5123 to register. Doctor’s signature required. Rides seven days a week, 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

## HEALTH STOP

Elaine Sullivan, RN from the Health & Human Services Department, talks about current health issues on the 2<sup>nd</sup> Monday of each month at 10:30 AM. *This month on June 12, hear about "Incontinence". (See page 15.)*

## SHOPPERS

Pre-register to take the Senior Center Van to the Christmas Tree Shop, Natick, Monday, June 12. *Your pre-payment of \$2 holds your seat.* Depart -10, return-2. *If you must, please cancel as soon as possible so we can fill the seat!*

## Greater Boston Senior Computer Group

The Greater Boston Senior Computer Group will hold their final meeting June 14 at the Senior Center, at 9:30AM. *Contact Eve Welts 781-894-4948 or [Ewelts@rcn.com](mailto:Ewelts@rcn.com)*

## Writing Class

Do you have something you'd like to write about? Think you can't do it? You can, guaranteed! Anything will do; fiction, non-fiction, memoir, poems-finished, unfinished! You will be helped. Fridays, 10AM, at the Senior Center.

## NewsTalk

Charlotte Dooling, a retired history teacher, will lead a lively discussion of *What's new in the news?* Drop-in on Mondays at 1:00, here at the Newton Senior Center. *Delve, debate and dialogue!*

## The Faces of History

History buffs and others, on Wednesday, June 28, at 10:00, a documentary about Eleanor Roosevelt will be shown. This is part of an ongoing series examining the lives of those who have affected the course of history. Discussion will be lead by Charlotte Dooling.

## June Barbecue!

Please pre-register by 11:00 the previous day. \$3.00 per meal with live music! Wednesday, June 14, 11:45. Sponsored by *Village Bank*.

## Silver NewTones Concert

Enjoy the sweet voices of the Silver NewTones choral group in concert, just for you! The music begins at 1:00, Wednesday, June 7. All welcome.

## Estates & Real Estate

The Massachusetts Bar Association will present a program titled, "Estates & Real Estate". The talk will begin at 10:00 on Wednesday, June 7.

## NutritionTalk

Nancy Keefe, nutritionist from Springwell, will speak about "Foods You Should NOT Eat!", on Thursday, June 8 at 12:00. If you are having lunch with us that day, please pre-register by 11:00 the previous day.

## Bridge Lessons Begin Again!

We have a NEW bridge teacher and lessons will be held at the same, old time, 9:30-11:30 Thursday mornings. Drop-in!

## 3-D Art Returns

Drop-in on Mondays at 10:30, to learn this beautiful method of bringing graphics to life! Surprise yourself!!!



## More... What's Happening

### Computer Bulletin Board

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

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The next session of classes will be in the Fall .Watch this newsletter for further details. Interested in volunteering to teach computers? Call Joanne at 617-796-1670.

*The Low-Vision Group meets the first Monday of the month at 10:00. (June 5) Those wishing to stay for lunch should reserve by 11:00 the previous Friday. Those wishing transportation should arrange this by 4:00 the previous Friday.*

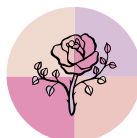
### " Music in June! "

- *Friday, June 2- 11:45... Lunchtime piano with **Harold Kaswell.***
- *Wednesday, June 7... - 11:45... Lunchtime piano with **Vic King.***
- *Friday, June 9- 11:45... Lunchtime piano with **Vic King***
- *Wednesday, June 14- 11:45... Barbecue with music by **Slava Samaradov.***
- *Friday, June 16- 11:45... Lunchtime piano with **Harold Kaswell.***
- *Friday, June 23- 11:45... Lunchtime piano with **Vic King.***
- *Wednesday, June 28- 11:45... Lunchtime piano with **Vic King.***
- *Friday, June 30- 11:45... Lunchtime piano with **Harold Kaswell.***

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BOOK CLUB – The next meeting will be on Monday, June 5, 2006 at 1:00, at which time we will discuss Mrs. Dalloway, by Virginia Woolf. Kathy Laufer, LICSW, Senior Center Social Worker.

The Newton Senior Center regrets
 the passing of dear friends
 Patricia Forte & Susan Levy
 & Mildred Temperley



*Join Senior Center Director, Jayne Colino, for a
 "Dialogue with the Director"
 Tuesday, June 6*

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

In appreciation of Tax Return Assistance:

- Lorraine Joyce
- Richard Scanlon
- Anna Bacevicius
- Anonymous

In appreciation of the Senior Center.

- Elizabeth Soultanian

and

- Miriam Morrow for a subscription to Reader's Digest
- Helen Tarnower in memory of Susan Levy
- The Newton High School Class of 1936 for the gift of a new keyboard.



The Women's Bar Foundation...

Elder Law Project

The Newton Senior Center is pleased to host the *Elder Law Project of the Women's Bar Foundation*. (This service is different from the service offered monthly at the Senior Center by the Boston College Elder Legal Services - a free 15 minute consultation by law students overseen by a law professor.)

The Elder Law Project is an opportunity for those who qualify (see below) to:

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

This program is designed for those who cannot afford the services of a private attorney and **only** those falling within the low-income guidelines will be seen. Call Joanne at 617-796-1670 to determine eligibility.

Appointments will be on Wednesday, September 20, at 1:00 and 2:00. A return visit will be scheduled on Wednesday, November 1, for a shorter meeting to have papers notarized and executed. ***The final day to register for an appointment is August 28. No exceptions.***

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

**Newton City Hall
TDD (Telephone Device for the Deaf)
617-796-1089**

Did You Know?

The Perfect Gift – A Newton Throw

The Newton Council on Aging offers "Newton Throws" in 4 colors depicting eleven Newton landmarks. Purchase at the Newton Senior Center for \$50 each. *Support your Newton Council on Aging.*

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 who have personal 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.*

Basically Broadway! "Song & Dance"

Friday, June 9- 7:30PM - Saturday, June 10-2 PM & 7:30PM

Sunday, June 11- 2:00PM

Newton South High School

Tickets... 1-866-811-4111

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***. *To donate items or find an item, please call Ana or Kathy at 617-796-1660.*

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.

Newton Community Service Center has openings in its ***Adult Day Health Care***, offering center-based services for adults with an existing disability or recent changes in their health. As the only 'aging with dignity day program' in Newton, we support working families during working hours. Just off the Mass Pike in West Newton, we offer transportation and accept private pay at \$47/day as well as contracts with Springwell, VA and Medicaid. Call Mary Whalen at 617/969-5906, X118, see our website at www.ncsweb.org or visit us at 492 Waltham Street.

June 2006 (Programs subject to change)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>4</p>	<p>5</p> <p>9-12- Pool Cues 10- Low-vision group 10:30- 3-D Art 11:45- Lunch- Meatloaf or Ham & Cheese 1- Book Club 1- NewsTalk 1-Sewing 1 -Scrabble 2-Yoga (chairs)</p>	<p>6</p> <p>9:00-10:00- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Stuffed Salmon or Sliced Turkey Plate <i>Dialogue w/ Director</i> 12:30- Matter of Balance (pre-registered) 1- Alone But Not Lonely 1-Bingo 1:30 - Swing Band</p>	<p>7 9-12 Health Clinic 9-12- Pool Cues 9:30- Mah-Jong Manners (pre-reg) 9:30 – Fine Arts Class 10- Estates & Real Estate by the MA. Bar Association 11:45- Lunch- Baked Ham or Chef’s Salad w/ Chicken Vic King- piano 1- (Feel Good) Silver NewTones Concert 1-Duplicate Bridge 1-SHINE</p>
<p>11</p>	<p>12</p> <p>9-12- Pool Cues 10-2 Van to Christmas Tree Shop 10:30- 3-D Art 10:30-Healthstop 11:45- Lunch- Hot Dog or Tuna Salad 1- NewsTalk 1-Sewing 1 -Scrabble 2-Yoga (chairs)</p>	<p>13</p> <p>9:00-10:00- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Roast Turkey Special 12:30- Matter of Balance (pre-registered) 1 - Alone But Not Lonely 1-Bingo 1:30 Swing Band</p>	<p>14 9-12 Health Clinic 9-12- Pool Cues 9:30- Mah-Jong Manners(pre-reg) 9:30- Fine Arts Class 9:30- Computer Group 11:45- Lunch- BBQ <i>Sponsored by the Village Bank</i> 1- Feel Good 1- Duplicate Bridge 1- Choral group 1-SHINE</p>

<p>18</p> <p>Father's Day</p>	<p>19</p> <p>9-12- Pool Cues 10:30- 3-D Art 11:45- Lunch- Chicken Marsala or Roast Beef & Cheese 1- NewsTalk 1-Sewing 1- Scrabble 2-Yoga (chairs)</p>	<p>20</p> <p>9-10 Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Stuffed Shells or Chef's Salad w/ Chicken 12:30- Matter of Balance (pre-registered) 1- - Alone But Not Lonely 1- Bingo 1:30- Swing Band</p>	<p>21</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 9:30- Mah-Jong Manners (pre-reg) 11:45- Lunch- Pier #17 Fish or Turkey Salad Plate Vic King- Piano 1-Feel Good 1- Duplicate Bridge 1- Choral Group 1-SHINE</p>
<p>25</p>	<p>26</p> <p>9-12- Pool Cues 10:30- 3-D Art 11:45- Lunch- Broccoli/Cheese Fish or Chicken Pattie 1-NewsTalk 1-Sewing 1- Scrabble 2-Yoga (chairs)</p>	<p>27</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10 -Beginning Spanish 10:30-11:30- Intermediate Spanish 11:45-Lunch- Chicken Paprika or Tuna Salad Plate 12:30 Matter of Balance (<i>pre-registered</i>) 1- - Alone But Not Lonely 1-Bingo 1:30 Swing Band</p>	<p>28</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30- Fine Arts Class 9:30- Mah-Jong Manners(pre-reg) 10 The Faces of History 11:45- Lunch- Veggie Quiche or Roast Beef Plate Victor King- piano 1-Feel Good 1- Duplicate Bridge 1-Choral Group 1-SHINE</p>

THURSDAY	FRIDAY	SATURDAY
<p>1 9:30-11:30- Bridge Lessons 10-Retirees Club 10:00- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Stuffed Cabbage or Turkey Plate 12:30- Ceramics (pre-registered) 1:00 French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>2 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Writing 10:30- Muscle Conditioning 10:30- Men’s Health & Wellness 11:45- Lunch- Baked White Fish or Egg Salad Plate Harold Kaswell on Piano 12- Chess Nuts 1- Scrabble 1- Chinese Painting (pre- registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>3 10-4 Pool Cues 12:30- movie- “Brokeback Mountain”</p>
<p>8 9-2:30 Safe Script (by appt) 9:30-11:30- Bridge Lessons 10-Retirees Club 10:00- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Boneless Stuffed Chicken or Seafood Salad Talk- “Foods That You Should Not Eat!” 12:30- Ceramics (pre-registered) 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>9 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- American Chop Suey or Roast Beef & Cheese Plate Vic King on Piano 12- Chess Nuts 1- Scrabble 1-Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>10 10:00-4:00- Pool Cues 12:30- movie- ”The Pink Panther”</p>
<p>15 9:30-11:30- Bridge Lessons 10-Retirees Club 10:00- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Cheese Lasagna or Ham & Cheese 12:30- Ceramics (pre-registered) 1:00- French Salon 1-Yoga (chairs) 1-Open Bridge 2-Yoga (mats)</p>	<p>16 9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Baked Scrod or Cold Turkey Plate Harold Kaswell on Piano 12- Chess Nuts 1- Scrabble 1- Chinese Painting (pre- registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>17 10:00-4:00- Pool Cues 12:30- movie- ”Walk the Line”</p>

<p>22</p> <p>9:30-11:30- Bridge Lessons 10-Retirees Club 10:00- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Pot Roast or Chicken Salad Plate 12:30- Ceramics (pre-registered) 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>23</p> <p>9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Turkey Tetrazini or Seafood Salad Vic King- Piano 12 Chess Nuts 1- Scrabble 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	<p>24</p> <p>10:00-4:00- Pool Cues 12:30- movie- "Capote" 12:30- Bingo</p>
<p>29</p> <p>9:30-11:30- Bridge Lessons 10-Retirees Club 10:00- Knitting 10:30- Mandarin Chinese 11:45- Lunch – Pot Roast or Chicken Salad Plate 12:30- Ceramics (pre-registered) 1:00- French Salon 1- Yoga (chairs) 1- Open Bridge 2-Yoga (mats)</p>	<p>30</p> <p>9-12- Health Clinic 9- Aerobics 10- Advanced ESL 10:00- Writing 10:30- Muscle Conditioning 11:45- Lunch- Hawaiian Pork or Turkey & Cheese Harold Kaswell - Piano 12 Chess Nuts 1- Scrabble 1- Chinese Painting (pre-registered) 1- Poker 1-Bingo 1- Foreign Film</p>	

For Your Information

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

SHINE

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

A Matter of Balance- Fall Prevention

The Newton Senior Center is taking names, for a wait list, of those wishing to attend this program. The goal is to help prevent falls. *This is an 8-week program with 2-hour meetings each week.* Attendees are required to attend the full session, exercise with instructor, view videos and interact in class. To sign up, please call 617-796-1660. Sponsored by Newton/Wellesley Hospital, Partners Healthcare.

City of Newton Senior Citizen Tax Relief Programs *Circuit Breaker Credit*

Certain taxpayers age 65 + may be eligible for refundable credit on their state income taxes for real estate taxes paid on residential property they own or rent in Mass. (principal residence). *To find out about this & other property tax relief programs call The Assessors Office, Newton City Hall ... 617-796-1160*

Visit ...The NEWTON SENIOR CENTER
website at

www.Newtonseniors.org

Site developed by Senior Web Solutions with a Grant from Merck Company Foundation

The Newton Senior Center reserves the right to cancel programs without notice.
We will reschedule whenever possible.

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

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.
- 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 & Family
& Trader Joe's of Newton.*

Men's Health & Wellness Group

*The first Friday of each month.
(June 2, 10:30am.)*

Men coming together for straight talk about health issues. The Newton Senior Center welcomes you to join this informative group led by Bob Goodman & Dr. Howard Kramer. *Drop-in!*



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. *Kathy Laufer, 617-796-1663, Ana Gonzalez, 617-796-1672.*



Beginning in July... Kathy Laufer will present a *video/discussion series* on Cultural Diversity & Aging in the U.S. Each week the group will view a full-length feature film followed by a discussion. This series will be held on Wednesday afternoons from 12:30-3:00 in the Library/Lounge.

Sleep & Medications

Getting a good night's sleep is a problem for older adults. Dr. Jill Studley, a gerontologist at Baylor University Medical Center at Dallas reports, "Probably 50 percent of older adults complain of sleep related problems." The National Institutes of Health says more than 70 million people nationwide may be affected by sleep troubles – and the total is expected to grow every year as the Baby Boomers advance in age." Millions of seniors ask their physicians for sedatives or sleeping pills or get over-the-counter pills without realizing the dangers of taking these medications. Studley reports that research shows these drugs are twice as likely to cause an accident as they are to help you sleep. Sleeping medications (prescribed and over-the-counter) can cause side effects including dizziness, loss of balance, falls and disorientation. These side effects are intensified in those with other conditions such as poor eyesight, high blood pressure and balance disorders. Dr. William Dement, director of the sleep disorders clinic at Stanford University said there is no medical justification for the *chronic use* of sleeping pills. He said that he usually prescribes them for "one or two nights, and rarely more than 10 nights."

Sleep researchers report that many seniors demand the pills for longer use because they don't sleep well (or because they are dependent or addicted to them). Dr. Westbrook, director of the Sleep Disorders Center at Cedars Sinai Medical Center in Los Angeles, said, "(The elderly) tend to lose very deep sleep, their sleep is fragmented, and they have a lot more arousals during the night."

Unfortunately, sleeping medications tend to deprive people of the deep sleep which already is a problem for the elderly. Dr. Gene Cohen, of the National Institute of Aging, said that sleeping pills "are treating the symptom, not the cause of insomnia." The causes of insomnia range from urinary urgency caused by prostate problems or diuretic medication, to drinking coffee or alcohol in the evening to anxiety and depression.

Instead of turning to risky medications, here are some measures you can take to promote sleep:

- exercise during the daytime
- avoid stimulants (such as caffeine), alcohol and spicy foods for 3 – 4 hours before bedtime
- establish a regular bedtime routine; do not take naps during the day
- take a light bedtime snack – warm milk and cookies seems to work well.

If these changes do not help, talk with your physician about the cause of your sleeping problem before trying over-the-counter medications.



Services for You

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.



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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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.*

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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!**

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## **Tax Season is Over!**

*This tax season we asked those who accessed the tax assistance to evaluate the service and 100% of those responding were pleased with the attention they received. Our thanks to them for their patience, commitment and skill. We thank George Buffington, Christy Bean-Leamy, Howard Freedman, Richard Fritz, Hank Grossman, Anne Pressman and Victor Savickas.*

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This year the Tax Preparation Assistance Program at the Newton Senior Center prepared 223 tax returns. The seven tax aides worked a total of 348 hours, between February 4 and April 15.

# Take Note!

## NEWTON RETIREES CLUB

*Meetings are held weekly at the Newton Senior Center  
Every Thursday from 10:00- 11:45*

June, July & August meetings are  
“*Current Events Discussions*”.

*Retiree programming is developed independent of the  
Newton Senior Center*

## Foreign Film Buffs!

Every Friday at 1:00PM the Newton Senior Center shows a  
foreign film with subtitles. Titles not announced in advance.  
*A donation of 50 cents is suggested.*

## FEEL GOOD

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

June 7... *Silver NewTones Concert* (Function Room)

June 14... *Can You Hear Me Now?*

Northeastern University, Audiology Clinical Services.

June 21... *Relax and rejuvenate with Steffi!*

June 28... Short film, *The Fabric of Life...*

**SEE YOU IN SEPTEMBER!**



## RABIES CLINIC

By Newton Health & Human Services Department  
At Fire Station #4195 Crafts Street, Newtonville  
*Cats and dogs must be caged or leashed & escorted by  
someone over 14 years old. \$10 fee.*

Monday, **June 5** & Wednesday, **June 7** -5:30-7:30 PM



## VOLUNTEERS NEEDED!

Reception volunteers to greet visitors and do some clerical work,  
afternoons. Each shift, 3-4 hours, weekdays, at the Newton  
Cultural Center, 225 Nevada St., Newtonville. Call Linda Plaut or  
Judy Anderson at 617-796-1540.

## NEWTON UPPER FALLS SENIORS

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

**June 2006...** meetings every Wednesday, 10:00AM

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June 7... Peter Perrier, guitar & vocals

June 14... Bingo & Pizza

*All welcome... Bring friends... Refreshments served*

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**SEE YOU IN SEPTMEBER!**



## **To Your WELL-th!**

*by Howard L. Kramer, M.D., Ph.D.*

The following questions will be discussed at the next meeting of the **Newton Senior Center's Men's Health Group**, to held at 10:30am on June 2, (*the first Friday of each month*), hosted by Howard Kramer and Bob Goodman. JOIN US!

Each question is followed by four choices, selected from actual experiences of patients.

**A men's health quiz – select all the correct answers:**

**1- You're experiencing a new symptom and your doctor's secretary offers you an appointment in 3 weeks. You should:**

- a. say "Thank you" and make a note on your calendar.*
- b. ask "Do you have anything sooner? I'm going to be away then".*
- c. say "But this [symptom] is new and getting worse. I need to be seen TODAY".*
- d. go to the Emergency Room and wait 6 hours to be seen by a physician who doesn't know you.*

**2- In the past few months you have been getting up three or more times a night to urinate. Your doctor does a test and tells you not to worry: your blood sugar is normal and you don't have diabetes. You should:**

- a. reward yourself with a giant bar of Hershey's dark chocolate since you are not diabetic.*
- b. give up that cup of coffee after dinner and the bottle of Coke you usually drink while watching Jay Leno.*
- c. ask your doctor if there may be another cause for your frequent urination; tell him about other symptoms, even if they seem unrelated; request a referral to a urologist for evaluation.*
- d. look on the internet for information about your problem.*

**3- Your doctor doesn't answer your question directly, but instead tells you not to worry – after all, you're not getting any younger. You should:**

- a. "fahgeddabowdit", since you're worrying unnecessarily.*
- b. look at the floor, nod in agreement, and drag your aging body home.*
- c. reiterate that you ARE worried, and you would like him to evaluate your problem.*

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See you on Friday June 2 at 10:30. At that time you may see the complete quiz and get some answers! *In the meantime, here's **To Your WELL-th!***

## **From the Department of Health & Human Services**

*By Elaine Sullivan, RN*



### **Urinary Incontinence**

Urinary incontinence is not a normal part of aging, but we do see a very high incidence of it in elders. It can be related to many other changes as we age, but in many instances, there are things we can do to help improve or even to prevent incontinence.

Urinary incontinence is the involuntary leakage of urine. This condition afflicts 15 million Americans. Two thirds are women.

Urinary incontinence can lead to isolation, depression and other psychological problems. People often stop participating in their usual activities, like exercise, which can lead to other health problems. It can become a burden to caregivers and is a major reason why aging parents are placed in nursing homes.

There are many causes of urinary incontinence. Some have acute, rapid onset, usually related to injury or significant disease like cancer. Others are considered chronic and that is what we will focus on in this article and at Health Stop.

There are 4 basic types of chronic urinary incontinence, stress, urge, functional and overflow. *Stress*-Sudden increases in pressure against weakened muscles occurring when we cough or laugh, allow urine to pass through the urethra. Nearly 35% of elders have a weakening of the pelvic muscles. *Urge*- This is when you are unable to get to the toilet fast enough once you feel the urge. 60-70% of elders have some degree of urge incontinence. *Overflow* incontinence is found in 10-15% of cases and occurs when there is an obstruction of the bladder outlet. *Functional* incontinence usually occurs after a major illness or change in physical health.

Treatments are directed towards increasing awareness and control, improving the ability to respond and increasing capacity. There are helpful exercises that can be learned and bladder training is also often recommended. Newer medications can be useful and additionally, there are surgical procedures available.

*To learn more and pick up some valuable pamphlets, join us at Health Stop, Monday June 12 at 10:30 at the Senior Center.*

### **Safe Script**

*The Newton Department of Health & Human Services will hold appointments at the Newton Senior Center to review your medications and answer questions. Please call 617-796-1660 for an appointment on Thursday, June 8.*



### **Health Maintenance Clinic Hours**

Nurses from the Newton Health & Human Services Department are at the Newton Senior Center on Wednesdays & Fridays from 9:00-12:00, *For further information call The Newton Health Department at 617-796-1420.*

# ***Newton Parks & Recreation Programs for People Over 55- May 2006***

**Day Trips:** Pickity Place, Mason, New Hampshire - Lunch & fun! Wednesday June 28, \$45. Mohegan Sun, June 7, \$27, Camp Scholarship Fundraiser. "Ain't Misbehavin", June 14, "Singin' in the Rain", July 12, both Wednesday matinees at North Shore Music Theatre- \$54 each. Call for full brochure, 617-796-1506.

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

**Cribbage-** Every Monday, 10-3 PM at Albemarle Fieldhouse. Cards & coffee provided. Bring your lunch! Newcomer's welcome!

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

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

**Tennis Plus:** Free tennis play for intermediate & advanced players. Wednesdays & Fridays, 8:30am, Warren Courts. Call Phyllis Frank- 617-527-8463.

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

**Ballroom Dancing:** Line/ballroom dance with Disc Jockey, Helen Murphy every Thurs., 1-4, at Emerson Community Center. \$1 donation.

**Pilates & Muscle Conditioning:** Wednesdays, Lower Falls Community Center, 6:15PM, \$30 for 6 weeks. Full body work-out.

**Tai-Chi & Muscle Toning:** Wednesdays, 10AM, Lower falls Community Center. 8 classes. \$10 or \$2 per class.

**Softball for Seniors:** Reach John Stuart at 617-969-0950 or [johnstuart@comcast.net](mailto:johnstuart@comcast.net)

**Bowling:** Mondays at Fairway Lanes in Natick. 9:30am. Bowling Banquet, May 22.

**Peer Pleasures:** Playgroup for "over 55" & "under 5" at Nahanton Park, Thursdays, 9:30-11:30am

**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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## **MEDIFAIR!**

The Department of Senior Services is planning a very special event for FALL 2006. It will be held at the Brae Burn Country Club, 326 Fuller St, West Newton, on Saturday, October 21, from 11:00-3:00. It is our first "*MediFair*" and those over 65 years, those soon-to-be 65 years and families are invited.

There will be information about the *many* health care and prescription drug options currently available. In addition there will be talks about healthcare choices. Watch this newsletter and the Newton TAB for more information. Mark your calendars now and note that the next open enrollment for Medicare Part D opens on November 15, 2006.