

COMING OF Age...

Your Center for Connection

Published Monthly Issue #9 Volume VI



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

September 2013 National Senior Center Month: Experts at Living Well

In our May newsletter we highlighted the Older Americans Month theme that encouraged older Americans to Unleash the Power of Age. Council on Aging Chairperson Marian Knapp, through her articles in the Newton Tab, encourages older Newton residents to unleash their power through advocacy for the programs and services that will support their choice to age in Newton.

As part of this continued effort by the Newton Department of Senior Services to highlight opportunities to raise your voices, please save the dates for the events below.

Your Safety Walking Around Newton: Make Your Voice Heard

We all like to go where we want to, whenever we want or need to. Feeling safe and protected from tripping, falling or being hurt by a car while walking is part of our freedom. But there are places in Newton that limit our pedestrian mobility because of problems such as broken sidewalks and crosswalks, traffic lights that don't give us enough time to cross the street, poor nighttime lighting and lack of benches or other resting places along the way.

The City of Newton wants you to be safe as a pedestrian, and asks you to add your thoughts to a Pedestrian Plan it's now developing. The Plan will help city government identify and prioritize improvements it can make for pedestrians in Newton. Between now and the end of the year, Newton's Pedestrian Advisory Committee will hold open meetings in Newton's various village areas to hear citizens' views. The schedule for the first four is below. Make your voice heard!

- Upper Falls: Thursday, Sept. 19, after the 7:00 p.m. Area Council meeting, Emerson Comm. Center, Pettee Street
- Lower Falls: Wednesday, Sept. 25, 7:00 p.m., Lower Falls Community Center, 525 Grove Street
- Newton Highlands: Thursday, Oct. 3, 7:30 p.m., Brigham House, 20 Hartford Street

Contact Alicia Bowman pedestrian@newtonma.gov or 617-257-8270 for other meeting locations.

Community Engagement Presentation

Mayor Warren's Community Engagement Team partners with residents, businesses, and organizations to enhance the quality of life in Newton's 13 Villages. Join the Team for a community meeting specifically for the senior community on Wednesday, October 16 at 1:00 p.m. at the Newton Senior Center. City Staff will talk about current projects that make our village centers safer places to walk and more beautiful and vibrant places to spend time -- from replacing cracked sidewalks and adding colorful banners, to partnering with local businesses and organizing village festivals. The Team looks forward to having a conversation with you about your concerns and ideas to make Newton's villages and neighborhoods safe, attractive, and special places. Bring your questions and suggestions!

The Community Engagement Team: Ana Gonzalez, Director of Community Engagement, Elaine Gentile, Director of Environmental Affairs, Linda Plaut, Director of Cultural Affairs, Candace Havens, Director of Planning and Development, Amanda Stout, Sr. Economic Development Planner, Alicia Bowman, Pedestrian Coordinator, Bill Paille, Director of Transportation and Sargent Jay Babcock, Newton Police Department.

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Senior Center News

September is National Senior Center Month and we are pleased to offer some special programs that encourage you to live well, teach others to live well, and perhaps allow you to develop new habits to feel healthier. See pages 3 and 4 for more information about the upcoming Intergenerational Program, evidence-based programs with Springwell that highlight healthy living, and a financial literacy series presented in collaboration with the Newton Free Library.

Newsletter

Starting in November, the Coming of Age newsletter will be produced and mailed bi-monthly to all Newton households with a resident over the age of 60.

For online access to the newsletter and calendar please visit www.newtonseniors.org

New Educational Programs

We are excited to offer programs in collaboration with community organizations and businesses. These presentations are non-branded and intended to be general and informative. The Department of Senior Services does not endorse any one organization but encourages residents to explore resources in the community.

Watch Battery Replacement

The next watch battery replacement will be on September 10, from 10:00 a.m. to 12:00 p.m.

Senior Center Tours

Curious about the Newton Senior Center? Set an appointment for a tour and orientation. Call 617-796-1660 to learn about our programs and services.

SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling.

Senior Center Meals

Lunch Monday-Friday, 11:45 a.m. To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal. *Springwell makes these lunches possible.*

Disclaimer

We thank the advertisers featured in this newsletter for their support. They make 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.

Labor Day

In observance of Labor Day on September 2 the Department of Senior Services (and the Senior Center) will be closed.

Senior Citizen Parking Stickers

For a Senior Parking Sticker, *Newton residents, 65 years+, must* show license & registration with Newton address and a copy of the lease agreement for personal leased cars. Stickers are good for 2-year cycle at \$6 from July 1, 2013 to June 30, 2015. Stickers are good at 1, 2 and 3 hour meters in all city lots, *but never on the street!* Stickers are available at the Newton Senior Center between the hours of 8:30 a.m. and 3:30 p.m. New stickers are now available.

Boston College Legal Assistance Bureau

Make an appointment for legal consultation with a law student, supervised by a law professor from Boston College Legal Assistance Bureau. Appointments are fifteen minutes and are scheduled on the first Friday of the month in October, November, December, February, March and April. Please call 617-796-1660 to make an appointment. For further assistance please call the Waltham office of Boston College Legal Assistance Bureau, 781-893-4793.

Notary Public

Outreach Worker Christie Rexford is now a Notary Public, available for drop-in and appointments on Fridays between 10:00 a.m. and 2:00 p.m. Please bring proper identification. Questions? Call Christie at 617-796-1672.

Follow us on Facebook ©



The Newton Senior Center is now on Facebook. Follow us to receive the newest updates and to connect with upcoming programming.

Health Maintenance Clinics

Blood pressure checks, medication questions and more!

2nd & 4th Wednesdays, **Newton Senior Center:**
September 11 and 25, 10 to 11 a.m.

September Programs: Call 617-796-1660 or email msass@newtonma.gov to register

Be an Empowered Car Buyer

Wednesday, September 4
12:30 p.m.

Learn about the options available to you if you are looking to purchase a new or used car, have a car to trade-in, or if you are looking at leasing a vehicle. A representative from Car Concierge will present this non-branded, educational program. **Registration required.**

Low Vision Support Group

Monday, September 9
1:00 p.m.

This group, sponsored by the Massachusetts Association for the Blind, offers engaging discussion and educational information.

Music, Dance and Comedy

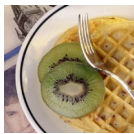
Tuesdays, September 10 to October 15
1:00 - 3:30 p.m.

Please join Kathy Laufer for a new video discussion series which will focus on movies about seniors who make adaptations as they age. The films will focus on entertainers--real and fictional. The series begins on September 10 and runs for six weeks.

Healthy Breakfast

Wednesday, September 11
9:00 a.m.

Healthy Meal Planning is important and eating a well-balanced meal can provide you with increased mental acuteness, resistance to illness and disease, higher energy levels, and better management of chronic health problems. Enjoy breakfast provided by Newton Health Care Center and listen to an informational speaker on thought-provoking topics. **Registration required.**



Newton's Poorhouses and (old folks) Homes

Wednesday, September 11
12:30 p.m.

Discuss the rich history of Newton's Workhouse, Poorhouse, Almshouse, Poor Farm, City Home and Infirmary. The story starts with Henry VII, involves colonial good intentions, and the ever evolving best efforts of Newton to support its less fortunate up to the closing of the poorhouse in 1964. Learn what artifacts still remain.

Hearing Screening

Thursday, September 12
11:00 - 1:00 p.m.

A representative from Mass Audiology will be giving free hearing screenings. If you already have hearing aids, they can clean them and replace the batteries. Appointments last for ten minutes. **Registration required.**



Alderman Stephen Linsky

Friday, September 13
8:30 a.m.

Have coffee or tea and converse with the Alderman on his monthly visit.

Coffee, Conversation and Cell Phone Technology

Friday, September 13
10:00 - 11:30 a.m.

Newton Country Day School will visit the Newton Senior Center to meet and share stories. Come and enjoy some coffee and bagels and engage in conversation with high school girls who will also be available to share some helpful hints on cell-phone (iPhone) technology and more. The students can't wait to meet you! **Space is limited, registration required.**



Alderman Vicki Danberg

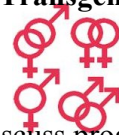
Wednesday, September 18
10:00 a.m.

Have coffee or tea and converse with the Alderman during her monthly visit.

Lesbian, Gay, Bi-sexual and Transgender (LGBT) Coffee, Tea and Conversation

Wednesday, September 18
4:00 - 6:00 p.m.

Join us for tea as we continue to discuss programming and services for LGBT seniors and friends. Light refreshments will be served.



Dialogue with the Director

Thursday, September 19
10:00 a.m.

Join Jayne Colino, Director of the Department of Senior Services, for an informal discussion.

Life's Transitions: Maximizing Your Financial Plan

Thursday, September 19
7:00 p.m.

The first in the Life's Transitions series, a collaboration with the Newton Free Library. Please see page 11 for more information.

Book Club

Friday, September 20
10:30 a.m.

In September we will discuss *Let's Take the Long Way Home: A Memoir of Friendship* by Gail Cladwell. Join us in October when we'll discuss *The Light Between Oceans* by M. L. Stedman. All are welcome! For information please call 617-332-7875.



September Programs: Call 617-796-1660 or email msass@newtonma.gov to register

Ageless Grace

Monday, September 23
11:00 a.m.

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. This program is particularly good for those with limited mobility or strength. We'll practice simple exercises emphasizing anti-aging techniques such as joint mobility, confidence, and playfulness. Taught by our Zumba Gold instructor, Mary Stevenson, this is a one-time sample class.

Body Mechanics and Health Improvement

Tuesday, September 24
10:00 a.m.

Physical therapy is a multidimensional field that includes more than just strengthening and post-surgical rehab. This presentation will include body mechanics, wellness, posture, nutrition and looking at the body as a dynamic physiological system. This program is presented by Thomas Fiese a physical therapist who specializes in fall prevention and strengthening and therapeutic exercise for older adults. **Registration required.**

Swing Band Concert

Tuesday, September 24
1:30 p.m.

Our very own Swing Band performs an afternoon concert full of toe-tapping, finger-snapping favorites. Enjoy this free afternoon concert!



Healthy Eating

Tuesdays, September 24 to October 29
5:30 - 8:00 p.m.

Learn, have fun, and improve your health at the same time. This program is for seniors who want to learn more about how nutrition and lifestyle changes can promote better health. Classes provide recommendations for combining good nutrition with physical activity. This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation and the MA Executive Office of Elder Affairs. Transportation is available through the Yellow Voucher program. **Registration required.**



Telling Your Story: Writing Seminar

Wednesdays, beginning September 25
9:45 - 11:15 a.m.

As we live our lives, we tend to reflect on our past. We remember the high points and the low. We think of who we are, where we've been and what meaning we can make

of our "moments in history." Telling your story--or any fragment of it--is a way to order your life by giving meaning to your unique experience. Help us honor each other's stories in a warm and supportive atmosphere. Cost: \$129 for eight weeks, +\$6 registration fee. This is a Newton Community Education program hosted by the Senior Center. To register, please call 617-559-6999 or visit www.newtoncommunityed.org.

Learning from Leaves: What Plant Pigments can Teach Us

Wednesday, September 25
12:30 p.m.

Fall in New England brings a display of color as the fall foliage brightens the landscape. What can we learn from these leaves? Why do leaves turn bright colors and fall to the ground? And what greater impact do botanists have on the pharmaceutical industry and in the field of medicine? J. S. Shipman, Ph.D., a Community Service Representative, Home Instead Senior Care, presents on paper chromatography, fall coloration and leaf senescence.

Short Story Group

Thursday, September 26
10:30 a.m.

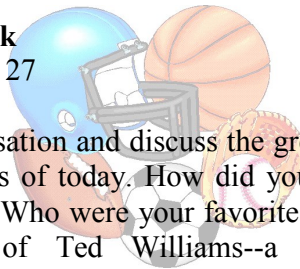
Copies of the short story to be discussed can be picked up at our reception desk.



NEW! Sports Talk

Friday, September 27
12:00 p.m.

Join in the conversation and discuss the great teams of the past and the sports of today. How did you feel when the Braves left town? Who were your favorite players? What did you think of Ted Williams--a nasty guy or misunderstood? What are other teams you follow? Bring a bag lunch or order the Center's meal. All are welcome to this monthly group.



Tai Chi for Arthritis

Mondays and Fridays
September 30 to December 6

11:00 a.m. - 12:00 p.m. Mon., 12:30 - 1:30 p.m. Fri.
The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation and the MA Executive Office of Elder Affairs. **Registration required.**



Fitness Classes: All are welcome to join! \$2 donation paid in each class. Drop in!

*indicates \$3 class, ° indicates a preregistered class

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:45 a.m. Tai Chi*	9:00 a.m. Aerobics	9:00 a.m. Walking	10:00 a.m. Beg. Tai Chi*	9:00 a.m. Aerobics
10:00 a.m. Zumba Gold	10:30 a.m. Muscle	Group	11:00 a.m. Tong Ren	10:30 a.m. Muscle
12:45 p.m. Beyond	Cond.	10:45 a.m. Beyond	11:45 a.m. Tai Chi*	Cond.
Balance°		Balance°	1:00 p.m. Yoga: chair	
2:00 p.m. Yoga: chair			2:00 p.m. Yoga: mats	
			(mats provided)	

Beyond Balance, \$50 for 8 weeks

Mondays, 12:45 - 1:45 p.m. New Session: September 30, October 7, 21, 28, November 4, 18, 25, December 2

Wednesdays, 10:45 - 11:45 a.m. New Session: September 25, October 2, 9, 16, 23, 30, November 6, 13

Art Classes: Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side! Registration required. Call 617-796-1670.

3D Open Studio, Free

Tuesdays, 1:00 - 2:00 p.m.

Learn to make creative beads from found objects and magazines. Bring your own materials and enjoy the creative setting.

2D Open Studio, Free

Wednesdays

9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

Ceramics, \$50 for eight weeks

Thursdays, 12:30 - 2:00 p.m.,

New session!

August 1, 8, 15, 22, 29, September 12, 19, 26

Create 3D platters and sculptures or glaze molded pieces.

Bet Lee instructs.

Fused Glass, \$25 for each class

Wednesday, September 11, 1:30 p.m.

Wednesday, September 25, 1:30 p.m.

Each participant will create a decorative utilitarian plate.

Taught by local glass artist Suzi Wilder, the cost for this class covers materials. Sign up early, space is limited!

Ongoing Drop-In Programs

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Pool Cues	9:00 a.m. Int. Spanish	9:00 a.m. Pool Cues	10:00 a.m. Current	9:00 a.m. Pool Cues
9:00 a.m. Beg. Spanish	9:30 a.m. Bridge Lesson	9:30 a.m. 2D Open	Events	10:00 a.m. Beg. French
10:00 a.m. Beg. German	10:30 a.m. Int. Spanish	Studio	10:30 a.m. Mandarin	12:00 p.m. Poker
10:30 a.m. Quilting	1:00 p.m. Bingo	9:30 a.m. Chamber Mus.	Conversation	1:00 p.m. Chess
1:00 p.m. Mah Jongg	1:00 p.m. 3D Open	11:30 a.m. Piano music	1:00 p.m. Canasta	1:00 p.m. Bingo
1:00 p.m. Mexican	Studio	1:00 p.m. Duplicate	1:00 p.m. Mah Jongg	
Dominoes	1:30 p.m. Swing Band	Bridge	1:00 p.m. Bridge	
1:00 p.m. Scrabble			1:30 p.m. French Salon	
1:00 p.m. NewsTalk				

Movies & popcorn: 1:00 P.M. WEDNESDAYS *Subtitles available for all movies upon request.*

September 4, *Stand Up Guys*: This tough-guy comedy follows the rambunctious reunion between three retired gangsters and their reminiscences of wild times and crimes gone by. 2012, R, 95m

September 11, *Hyde Park on the Hudson*: When the king and queen of England visit U.S. President Franklin Roosevelt hoping for support on the eve of World War II, Roosevelt must deal with his official duties as well as the competing interests of his mother, his wife and his mistresses. 2012, R, 94m

September 18, *On the Big Screen! Lincoln*: Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition. 2012, PG-13, 150m

September 25, *The Other Son (French with subtitles)*: While preparing to enter the Israeli military for his compulsory service, young Joseph Silberg learns he was accidentally switched at birth with the son of an Arab couple from the West Bank -- a shocking revelation that sends both families reeling. . 2012, PG-13, 105m

Transportation Services

Transportation Services expanded to all Village Centers. The growth in this service is thanks to the effort of the Senior Citizens Fund of Newton, Inc.

For Newton Residents 60 years and older

- *Three (3) day advance reservation unless otherwise noted*
- **Medical Transportation:** Monday-Friday, 8 a.m. to 5 p.m. Newton to medical appointments and specific destinations.
 - ◇ 15 – 70 Walnut St., Wellesley
 - ◇ 1 Washington St., Wellesley
 - ◇ 173 Worcester Rd., Wellesley
 - ◇ 195 Worcester Rd., Wellesley
 - ◇ 230 Worcester Rd., Wellesley
 - ◇ 830 Boylston St., Chestnut Hill
 - ◇ 850 Boylston St., Chestnut Hill
 - ◇ 1244 Boylston St., Chestnut Hill
 - ◇ 1153 Centre St., Boston (Faulkner Hospital)
 - ◇ St. Elizabeth's Hospital
- **The Shopper's Service:** Tuesday, Wednesday or Thursday between 10:00 a.m. and 2:00 p.m. Your choice of Newton market
- **Long-term Care Facilities:** Monday-Friday, 8 a.m. to 5 p.m. To destinations in Newton. Limit 2 visits per week.
- **Houses of Worship:** To destinations in Newton for religious services.
- **Select Adult Day Health locations:** Monday-Friday
- **Newton Free Library & Newton City Hall:** Mondays & Wednesdays, 8 a.m. to 5 p.m. Sunday Library, 1-5 p.m.
- **Newton Senior Center:** Monday-Friday, 8 a.m. to 4 p.m. Reserve by 4:00 the previous day for this service only.
- **New additions to Village Centers beginning July 1, Available Monday - Friday, 8:00 a.m. to 5:00 p.m.**
 - Auburndale:** 2040 Commonwealth Ave - 2122 Commonwealth Ave, 422 Lexington Street – 427 Lexington Street, 271 Auburn Street – 349 Auburn Street
 - Chestnut Hill:** 280 Boylston Street – 1184 Boylston Street, 525 Hammond Street – 615 Hammond Street (includes Post Office on corner of Middlesex Road)
 - Newton Centre:** 821 Centre Street – 1148 Centre, 10 Langley Road – 82 Langley Road, 714 Beacon Street – 847 Beacon Street, 10 Union Street – 43 Union Street
 - Newton Corner:** 259 Centre Street – 447 Centre Street, 275 Washington Street – 399 Washington Street
 - Newton Highlands:** 1149 Walnut Street – 1203 Walnut Street, 1 Lincoln Street – 63 Lincoln Street
 - Newton Upper Falls:** 1185 Chestnut Street – 1225 Chestnut Street, 77 Oak Street – 108 Oak Street
 - Newtonville:** 241 Walnut Street – 345 Walnut Street, 743 Washington Street – 897 Washington Street
 - Nonantum:** 291 Watertown Street – 420 Watertown Street
 - Newton Lower Falls:** 2000 Washington Street – 2366 Washington Street
 - Oak Hill:** 663 Saw Mill Brook Parkway – 675 Saw Mill Brook Parkway
 - Thompsonville:** 386 Langley Road – Route 9
 - Waban:** 1625 Beacon Street – 1651 Beacon Street, 4 Windsor Street – 10 Windsor Street, 69 Wyman Street – 87 Wyman Street
 - West Newton:** 1239 Washington Street – 1391 Washington Street

Transportation to SPECIAL AUGUST EVENTS

The Newton Department of Senior Services is offering transportation through the “yellow voucher” system to these upcoming events. Reservations must be made at least three days in advance.

Maximizing Your Financial Plan

330 Homer Street

Thursday, September 19, 7:00 - 8:30 p.m.

The Changing Trajectory of Alzheimer's

330 Homer Street

Monday, September 30, 6:30 - 8:00 p.m.

Newtonville Day

Sunday, September 29, 12:00 - 5:00 p.m.

345 Walnut Street

For more info call City Hall 617-796-1000 or visit www.newtonma.gov

Please make all reservations by calling 617-796-1288

Travel vouchers are good for all of the above services.

Vouchers are available at the Senior Center, or by mail. The suggested contribution is \$4 per voucher. A minimum contribution of \$2 required per voucher. One voucher is used each way; two vouchers for a round trip. For those unable to budget the minimum amount or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required before vouchers will be sent through the mail.

If you have questions about the services or about alternative transportation please call Alice Bailey at 617-796-1664.

Book Talk

Sunday, September 29, 2:00 to 4:00 p.m.
Cabot Park Village, 280 Newtonville Ave, Newton,
MA 02460

Newton at Home will be hosting a free talk by Newton resident, Louise Bruyn, who walked from Boston to Washington, D.C. in 1971 to protest the Vietnam War. She tells her fascinating story in a recently published book entitled “She Walked for All of Us: One Woman’s 1971 Protest Against an Illegal War.” The book will be available for sale at the talk. Light refreshments will be served. For more information call 617-795-2560.

Newton Walk-Bike Week

Friday October 4th through Friday, October 11th

The City of Newton is hosting Walk-Bike Week. This week will celebrate our livable city and recognize the important work being done to make Newton safer and more accessible for those walking and biking. The week is organized by several volunteer members of the Mayor’s Transportation Advisory Group (TAG) and city officials. Here are some of the activities planned for that week:

- Hike the Aqueducts on Saturday, October 5th from 2:00 to 4:30 p.m. This is a 4-6 mile hike through woods, meadows and fields along the Sudbury and Cochituate aqueducts.
- Ride the “Tour de Newton” on Sunday, October 6 at 10 a.m. This is a bike tour with small groups starting in each village and proceeding on a loop to all 13 villages.
- Wednesday, October 9th is International Walk to School Day—it is a great time to join grandchildren in walking to school.

For more information or to register please visit www.newtonma.gov/walkbike.

Healthy Tidbits

Health & Human Services Department

Do you have an emergency kit and a plan?

Being prepared for an emergency means having a supply kit, an emergency plan and being informed. It may take time for emergency responders to reach everyone who needs help during a disaster. If you have a kit, a plan and are informed, you can take care of yourself until responders are able to provide additional resources.

While preparing may sound overwhelming, you have probably done this if you have stocked up before a blizzard. Being more prepared is about collecting your supplies into one place in advance and reaching out to friends and family who can support your emergency plan. Plan for at least 48 to 72 hours.

Here are a few ideas for an **emergency kit**:

- Water, 1 gallon per person, per day
- Non-perishable food such as canned goods, energy bars and dried fruit
- First Aid kit, whistle, flashlight
- Battery or hand crank radio, extra batteries
- Important documents such as deeds, bank information, identification and wills
- Medication, be sure to rotate the supply
- Pet food and supplies

Here are a few things to think about when making an **emergency plan**:

- Make a paper list of phone numbers, addresses and email addresses of people in your support network. Do not rely on electronics to store information.
- If you use an elevator, consider how you would evacuate if it is unusable.
- Plan with a neighbor to look out for each other
- Choose an out of state contact person for everyone in your network to call. It is often easier to call out of state during a disaster.

Stay informed through local television, radio stations and the City of Newton website: www.newtonma.gov

Thank you to our generous donors!

- Sylvia Weintraub in thanks to the Senior Center • Mike and Beverly Nollman from the ‘Let’s Keep Talking Group’ in support of the Senior Center • The El-Khawas family in memory of Bob DeSimone • Bernadette Castellanos in memory of Bob DeSimone • Joan and Marvin Glickman in honor of Ed Gallagher’s birthday • Elena Warren in appreciation of the Art Room • Anonymous in appreciation for Ditta Lowy and the short story discussion group • Judith Horgan in honor of Alice Bailey in all the wonderful ways she helps and recognizes us • Anonymous in memory of Silverio Re •

Walk to end Alzheimer's: Sunday, September 29

The Greater Boston Walk, coming up on Sunday, September 29, starts and ends at Canal Park and includes a beautiful route along the Charles River. Participants can opt for a 2 or 6 mile route, or simply enjoy the activities at Canal Park, including music, free food, exhibitors, a children's area, and more. While there is no fee to register, each participant is asked to make a donation or fundraise in order to contribute to the cause and raise awareness. Raise \$150 to earn your 2013 Walk t-shirt! Register to walk by visiting <http://act.alz.org/greaterboston> and clicking "register." Make sure to join the team "MCOA Newton." You can also stop by the Center and donate \$1 for a Forget-Me-Not flower.

Upper Falls Senior Group

Emerson Center, Pettee Street, Wednesdays
September 4, Bingo
September 11, Stanley Shapiro
September 18, Left, Right, Center
September 25, Bingo

Welcome back!

South Side Senior Group

Shuman Center, 675 Saw Mill Brook Pwky, Thursdays
September 5, Games and Walking
September 12, Bingo
September 19, Games and Walking
September 26, Molly Sass, Program Coordinator,
Newton Department of Senior Services
Looking forward to seeing you there! Anita Sheehan

Welcome back!

Snapshots



Yury Feldman and Rudy Graceffa placed gold and silver, respectively, in the Senior Games Billiards Championship Tournament held in June.



The Newton Senior Center Swing Band performs throughout the Boston region. We're pleased to have them perform for us on September 24!

Homeowner Options for Massachusetts Elders (H.O.M.E)

Worried how you can afford your home as you grow older? Not sure how to use the equity you have in your house to help with expenses, like health care or housing repairs?

H.O.M.E.'s mission is to assist low- and moderate-income elder homeowners with successfully aging in place. A non-profit agency with nearly thirty years experience, H.O.M.E. is dedicated to protecting the homeownership and equity of elder homeowners and does not charge fees to its clients. Through in-home counseling, H.O.M.E. assists homeowners across the state with long-term planning to prevent displacement.

Are you eligible? 60 years of age or older (50 if in jeopardy of losing your home), Massachusetts homeowner with only one residence, Low or moderate annual income (30K individual, 40K couple). For more information, contact H.O.M.E at 800-583-5337 or visit www.elderhomeowners.org.

Historic Newton 527 Washington Street, Newton MA, 02458

Newton Community Weekend

Saturday and Sunday, September 7 and 8

12:00 - 5:00 p.m., *Free*

Newton residents are invited to enjoy the museum.

Historic Newton Walks: A remarkable Woman: Annie Cobb, Victorian Architect and Builder

Sunday, September 22, 2:00 p.m., *Free*

Annie Cobb, a Victorian woman of some means but with no traditional education, became an architect--arguably American's first woman architect--and builder in the newly emerging suburb of Newton Highlands.

Join Laura Fitzmaurice to learn about Cobb's unique story and her houses, dating from 1877 to 1903. Meet at the corner of Forest and Chester Streets.

Smithsonian Museum Day

Saturday, September 28, 12:00 to 5:00 p.m.

Historic Newton is participating in Museum Day, an annual event hosted by *Smithsonian* magazine, in which museums across the country open their doors for free to anyone presenting a Museum Day ticket. For more information or to print a ticket, visit www.smithsonianmag.com/museumday

Newton Free Library 330 Homer Street, Newton MA, 02459

Use a yellow
travel voucher!

Maximizing Your Financial Plan

Thursday, September 19, 7:00 - 8:30 p.m.

Join us for the first program in this year's Financial Wellness in Retirement Series. The program will be facilitated by James Cote, MBA, a Waltham-based financial advisor and Kathy McNair, a Belmont-based elder law and estate planning attorney. Cosponsored by the City of Newton Department of Senior Services, the series is designed to provide information and resources on a broad array of issues relevant to those who are in transition in the second half of life, their loved ones and caregivers. The series is also cosponsored by The Foundation for Financial Education (F³E), a non-profit organization dedicated to spreading financial literacy by providing free educational resources to the public.

Americans are living longer, active and healthier lives. Unlike previous generations, most Americans can no longer rely on pensions or Social Security alone to support them during a retirement period that could last 25 to 30 years or longer. This program will cover a variety of topics including:

- How and when to monitor your financial plan in regards to significant life milestones
- Catch-up IRA contributions

- Rules regarding IRA withdrawals
- Eligibility for Social Security
- Utilizing your estate plan to manage and help preserve your assets

The Changing Trajectory of Alzheimer's

Monday, September 30, 6:30 pm

Alzheimer's, the most rapidly growing disease in the U.S., is now the 6th leading cause of death in this country. More than 5 million Americans are currently living with the debilitating disease. Arlene Lowney, RN, MBA and Peter Ham, MA, LMHC present. This program is cosponsored by Circle of Caring at Hospice of the Good Shepherd.

This program will address many of the predictable transitions in the course of Alzheimer's disease. Additionally, Non-pharmacologic Complimentary Alternative Medicine (CAM) modalities such as the role of music, dance and art therapy, massage, acupuncture and reiki will be discussed.

Yellow Voucher transportation available for both programs. For more information call the Newton Free Library at 617-796-1360. All programs are free and open to the public, parking is free. The Newton Free Library is handicap accessible.

City of Newton Department of Parks & Recreation

To register or for more information please call 617-796-1506 or visit www.newtonma.gov/gov/parks

Bowling League

Throwing things with your friends is fun! Join the parks and recreation bowling league on Mondays at Lanes and Games in Cambridge. Bowling is a great way to socialize and get exercise. The league starts in September.

Fall Walk and Stretch

The fall is a wonderful time to begin walking. Walking is easy on your joints, there is no equipment needed and nearly everyone can do it. Our walk and stretch program meets at the Albemarle Fieldhouse Monday through Fridays at 7:00 a.m. Walking is followed by coffee and friendship.

Scottish Country Dancing

Americans are dancing their way to health! You may have heard about the New England Journal of Medicine's report on the effects of recreational activities on mental acuity and aging. Here it is in a nutshell: dancing makes you smarter! Dance is a joyful, fun and an effective way to stay active and healthy. It boosts your brain power and balance. Join this dance program at the Hut on Wednesday mornings this fall. Class begins at 10:30 a.m., \$2 donation appreciated.

Pickleball: Funny Name, Fun Game

Try something new this fall and join the pickles! Pickleball is like playing tennis with a ping pong paddle on a badminton court. The Pickleball Club welcomes new members and offers an introduction to folks looking for healthy and fun exercise. The Pickleball Club meets at the Hawthorne Gym on Thursdays at 10 a.m., \$2 donation appreciated.

Wellesley Weston Lifetime Learning: Fall 2013 Classes

The Wellesley-Weston Lifetime Learning program offers a variety of ten-week courses. These courses start on September 16. Classes are held at the Wellesley Unitarian Universalist Society, 309 Washington Street, Wellesley Hills. If you need further information and are interested in learning more about the courses offered, please call 781-205-4204, email info@wwllcourses.org or check out the website www.wwllcourses.org.

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460



Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff, 617-796-XXXX

Jayne Colino, Director, 1671
Alice Bailey, Executive Administrator, 1664
Lucy Bedigian, Lunch Site Manager, 1668
Ken Doucette, Custodian, P.M.
Lynn Feinman, Aging In Place Project Mgr., 1675
John Flynn, Custodian, A.M.
Linda Johnson, Administrative Assistant, 1665
Kathy Laufer, Clinical Social Worker, 1663
Christie Rexford, Outreach Worker, 1672
Molly Sass, Program Coordinator, 1670

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Mission

The mission of the Department of Senior Services is to optimize quality of life for seniors and their families through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

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 (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.