

# COMING OF AGE

THE NEWSLETTER FOR THE NEWTON SENIOR CENTER



*Welcome to your source  
for connection!*

## WHAT'S INSIDE

Letter from the Director.....2

Special programs and tech  
tutoring.....3

BenefitsCheckUp and  
Friendly Visiting info.....4

Parking stickers and  
election jobs .....6

Ongoing programs.....8

Exercise classes.....9

Medicare, commodity foods,  
and other Newton 55+ plus  
programs..... 10

Lunch, paying for classes,  
and holidays..... 12

Thank you!, and conclusion  
of Director's letter..... 14

Staff contact info..... 16



## Groundbreaking Celebration

On March 7, Mayor Ruthanne Fuller led the groundbreaking for the Cooper Center for Active Living (formerly known as NewCAL) at 345 Walnut Street in Newtonville. The event included remarks by Mayor Fuller, Mignonne Murray, Director of Senior Services, Josh Morse, Public Buildings Commissioner for the City of Newton, and Joan Belle Isle, Chair of the Council on Aging. For more details about the groundbreaking ceremony and the Cooper Center, **see page 2.**

## INTERIM LOCATIONS

- **Brigham House,**  
20 Hartford Street, Newton Highlands (administrative offices, lunch, social services, various programs)
- **Newton City Hall/War Memorial Auditorium**  
(drawing and music)  
1000 Commonwealth Avenue, Newton
- **Hyde Community Center Gymnasium,**  
90 Lincoln Street, Newton Highlands (exercise classes, Commodity Foods)
- **Newton Free Library,**  
330 Homer Street  
(SHINE appointments)

SENIOR CENTER HOURS  
MONDAY—FRIDAY, 9 to 4  
**Except holidays**

# SENIOR CENTER UPDATES



## NEWTON STAFF AND COUNCIL ON AGING (COA)

### STAFF

#### Director

Mignonne Murray

#### Executive Administrator

Norine Silton

#### Administrative Assistants (part-time)

Liz O'Connell, Nancy Gagnon

#### Program Coordinator

Ilana Seidmann

#### Case Manager

Emily Kuhl

#### Outreach Coordinator

Elizabeth Lund

### COA BOARD

#### Executive Committee

Joan Belle Isle (Chair)

Sandra Davidow

Naomi Krasner

Sue Rasala

Laura Shaw

#### Advisory Board

Ena Lorant

John F. Pelletier

Ellen Penso

Robert Pierson

Eric Rosenbaum

Nancy Scammon

Dan Shaw

## A MESSAGE FROM MIGNONNE MURRAY, DIRECTOR OF SENIOR SERVICES

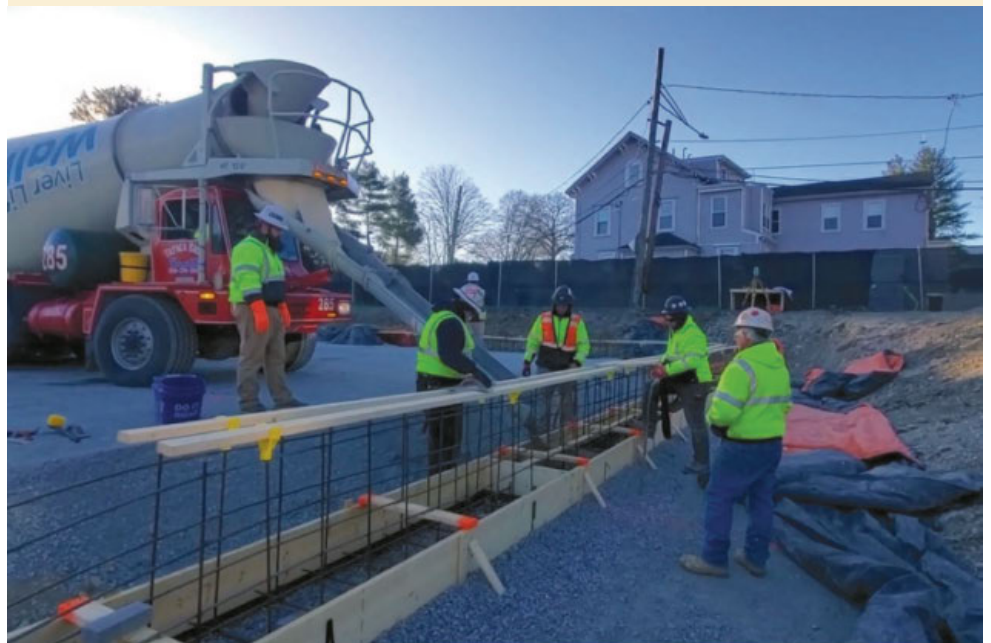
As I look out my office windows at Brigham House, the interim site for the Newton Senior Center, I see buds opening on the trees and daffodils unfurling on nearby lawns. Those images remind me that we are now in a season of growth and progress. Senior Services is in a growth period, too, as construction of the Cooper Center for Active Living (formerly called NewCAL) has begun at 345 Walnut Street, the site of the former Senior Center. If you've walked past 345 Walnut Street recently, you know that construction fencing has been erected and the old building has been demolished. The foundation for the new building has been poured and will be finished in early May (see photo below).



You also may have seen the video on NewTV of the Cooper Center Groundbreaking Event, which we celebrated on March 7. The weather was raw and rainy, but nothing could detract from the joy that attendees felt as Mayor Ruthanne Fuller thanked the many people who have worked for years to make a new center possible.

Among those present were family members of Audrey Cooper, after whom the new building has been named. As Mayor Fuller explained, Audrey Cooper was a Newton resident who had a deep commitment to enriching our community and fostering collaboration among

**(See page 14 for the continuation of this story.)**



# SENIOR CENTER NOTICES

## UPCOMING SPECIAL PROGRAMS

Dates/times are subject to change

**Mother's Day craft event: Creating Silk Scarves**

Friday, 5/10, 11:00 a.m. at Brigham House

**MA Elder Law Bar Association Program:**

**The Before and After of Estate Planning and Asset Protection**

Tuesday, 5/14, 1:00 p.m. at the Hyde

**Cat Companions Information Session**

Wednesday, 5/15, 10:00 a.m. at Brigham House

**Scams program with Middlesex Sheriff's Office**

Thursday, 5/16, 1:00 p.m. at the Hyde

**Memoir Writing Workshop**

Begins Tuesday, 5/21, 10:30 a.m. at Brigham House

**Piano & vocal concert with Elaine Woo & Bob Winter**

Thursday, 5/23, 1:00 p.m. at Newton Free Library

**Minis with a Mission (mini horses and donkeys)**

Tuesday, 5/28, 11:30 a.m. at the Hyde grass (rain date 5/30)

**Violin Concert with Ilana Zaks**

Wednesday, 5/29, 1:00 p.m. at Newton Free Library

**Newton Tax Work-Off Program Information Session**

Thursday, 6/6, 1:00 p.m. at the Hyde

**Fire Safety Seminar**

Tuesday, 6/11, 1:00 p.m. at the Hyde

**Medicare 101 with the SHINE program**

Thursday, 6/20, 11:00 p.m. at the Hyde

**Sheryl Faye presents Historical Women**

Thursday, 6/27, 1:00 p.m. at the Hyde

**For more information or to register for any of these programs, please contact our receptionist, at 617-796-1675.**

## TECH TUTORING

The Newton Senior Center has volunteer "tech tutors" who can assist Newton seniors on an appointment basis. These appointments are arranged mutually between the Tech Tutor and the student.

Appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory-level assistance and training. *They are not professional computer technicians or "emergency" tech help.* Tech Tutors cannot assist with any devices that cannot be brought to the Senior Center and they cannot help with business-related functions.

Appointments are held in person at the Senior Center or the Newton Free Library between 9:00 a.m. and 4:00 p.m. Tech tutors can meet up to six times with each student and can help with iPhone, iPad, PC Tablet, Android phone, Android tablet, Mac laptop, Jitterbug, and the desktop computers located at the Senior Center.

Examples of skills they can teach you are basic orientation to and organization of your device, making and receiving phone calls and Zoom calls, reading and sending email, using your calendar, sending and organizing photos, and using social media.

Please contact Ilana at [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov) or **617-796-1670** with your name, telephone number, what kind of device you have, and what you need help with.

# SENIOR CENTER NOTICES

## HELP FOR OLDER ADULTS ON A BUDGET

Food and gas prices continue to rise, on top of record-high housing costs, in many cities across the U.S. If you're an older adult who is already living on a tight budget, today's inflation can be particularly difficult. Fortunately, there are programs available that can help you save money on health care, prescriptions, food, utilities, and more.

One of the easiest ways to find out if you're eligible for benefits is to visit the National Council on Aging's [BenefitsCheckUp.org](https://www.benefitscheckup.org). This free and confidential tool connects older adults and people with disabilities and caregivers to benefit programs. The site is easy to use, even for people with minimal digital experience.

"It only takes a few minutes to learn about all the programs available and how to apply," says Ramsey Alwin, president and CEO of National Council on Aging. "For example, there are Medicare programs that can boost your budget by helping with prescription drug costs, as well as with premiums, deductibles, and coinsurance."

There are thousands of programs on [BenefitsCheckUp](https://www.benefitscheckup.org), including:

- The Supplemental Nutrition Assistance Program (SNAP), which can help you pay for healthy food.
- The Medicare Part D Low-Income Subsidy and Medicare Savings Programs, which can help people with Medicare afford their out-of-pocket health care expenses.
- Housing Choice Vouchers and Public Housing Programs, which can help with housing costs.
- Supplemental Security Income, which provides cash for basic needs.
- The Low-Income Home Energy Assistance Program, which can help you pay for home heating and cooling.

Millions of older adults are eligible for, but not enrolled in, these programs.

[BenefitsCheckUp.org](https://www.benefitscheckup.org) will give you a personalized list of benefits you may be eligible for and the steps you need to apply, including links to the correct government agencies and applications.

## FRIENDLY VISITING PROGRAM

The Senior Center partners with FriendshipWorks to reduce isolation by connecting volunteers with older adults for friendship and support.

FriendshipWorks offers three programs for Newton residents age 60+ and residents 55+ with hearing or vision loss.

**Friendly Visiting:** Friendly Visitors visit once a week to drink coffee or tea, share stories, go for walks, do errands together, or assist with small tasks. Over time, both people grow and learn from each other, often becoming great friends.

**Medical Escorts:** Medical Escorts offer comfort, reassurance, and mobility/navigation assistance, beginning inside the home, continuing to the doctor's office and appointment room, and ending with a safe return back inside the home. The

program does not currently provide transportation, but your escort will accompany you on public transportation, ride services, or City transportation.

***Please note that requests for Medical Escort services require 14 business days' notice in advance of a medical appointment. This time allows our coordinators to identify and schedule an appropriate volunteer for your escort.***

**Friendly Helping:** Volunteers provide short-term assistance to older adults who need help with specific tasks, such as organization, seasonal chores, errands, or boxing up for a move.

To inquire about receiving these services, contact Emily Kuhl, Senior Center Case Manager, at 617-796-1672.



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# SENIOR CENTER NOTICES

## RENEW YOUR PARKING STICKER

Newton offers residents aged 65 or older free parking in the City's municipal parking lots, with some restrictions.

- **Current stickers (purple)** are available and are valid through **June 30, 2025.**
- **Purchase of the sticker** will be accepted by **mail-in or limited walk-in hours.**

### **Senior Parking Sticker mail packets MUST include four items:**

- 1.) A legible copy of your MA driver's license** showing age 65 or above AND Newton residence
- 2.) A legible copy of your MA registration** showing Newton residence AND "registration type" as passenger. *Commercial vehicles do not qualify for a sticker.* The address on registration and driver's license must match. If car is leased, also provide a copy of your lease agreement showing Lessor and Lessee (usually on the first page). *Lessee address must match driver's license.*
- 3.) A check or cash for \$6 per sticker** requested (max 1 per vehicle), payable to the City of Newton. ***Please make sure your telephone number is included with your information, in case we have questions or you are missing documentation.*** You also have the option to pay with a credit card online by going to our website, [www.newtonseniors.org](http://www.newtonseniors.org), and clicking on the **"Pay Online"** button, then Senior Services. A copy of your online receipt must be included with your mailed packet. **Please note that online payments are not a complete submission for a parking sticker. We must also receive a copy of your driver's license and vehicle registration.**
- 4.) For mail-in requests, please include a self-addressed stamped envelope**, so we can mail your sticker to you, or a telephone number where we can call you when your sticker is ready for pick-up.

1000 Commonwealth Ave, Newton, MA 02459, Attention: Parking Stickers. All of the documentation sent to us will be shredded, unless you request it be returned to you along with your sticker.

**Walk-in:** Due to limited staffing, walk-in times will be limited. Please call our office at **617-796-1675** for specific hours the day you are planning to arrive. Our office is located at 20 Hartford St., Newton Highlands (Brigham House). If you have questions, you can reach us at [nsilton@newtonma.gov](mailto:nsilton@newtonma.gov) or **617-796-1675.**

## NEWTON IS SEEKING ELECTION WORKER INSPECTORS

Are you passionate about democracy and want to make a difference in your community? The City of Newton is looking for **Election Worker Inspectors** to support the upcoming 2024 elections. As an **Election Worker Inspector**, you will be responsible for performing election duties under the direction of the Warden/Clerk, including, but not limited to, checking voters' names at the Check-In Table and handing ballots to voters. You will also assist in the processing of Vote-By-Mail ballots, while earning **\$15 per hour.**

To be eligible for this position, you must be registered to vote in Massachusetts, be available to work between the hours of 6:00 a.m. and 9:00 p.m., and be able to read and write English and speak clearly.

If you are interested in this opportunity, please fill out the **Election Worker Application** and mail to: **City Hall, Office of the City Clerk, Attn: Elections**, 1000 Commonwealth Avenue, Newton, MA 02459. You are also welcome to bring the application in, during business hours of 8:30 a.m. to 5:00 p.m., Monday through Friday.

Join us in making a difference in our community and ensuring a smooth election for voters! For more information, go to:

<https://www.newtonma.gov/government/elections/election-workers>



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# ONGOING PROGRAMS AT THE SENIOR CENTER

## MetroWest Legal Clinic

Second Thursday, 10:00 a.m. to 12:00 p.m.  
Brigham House, 20 Hartford Street

## Health Maintenance Clinic

Third Friday of every month, 10:00 to 11:00 a.m.  
Brigham House, 20 Hartford Street

## Hearing Screenings

Last Monday, 12:00 to 1:00 p.m.  
Brigham House, 20 Hartford Street

## Caregiver Support Group

First Tuesday, 2:30 to 4:00 p.m. at Brigham House  
Third Tuesday of the month,  
6:00 to 7:30 p.m., on Zoom

## Grief Support Group

Third Thursday of every month, 10:30 to 11:30 a.m.  
Brigham House, 20 Hartford Street

## Declutter Support Group

Second Friday, 2:00 to 3:00 p.m. on Zoom

## Parkinson's Support Group

Last Monday, 10:30 to 11:30 a.m.  
Brigham House, 20 Hartford Street, or on Zoom

## Men's Club (all welcome)

Fourth Thursday, 9:30 to 10:30 a.m.  
Brigham House, 20 Hartford Street

## Coffee & Conversation Group

Second Tuesday, 10:00 to 11:00 a.m.  
Brigham House, 20 Hartford Street



## Book Club

Third Friday, 10:30 a.m. to  
12:00 p.m. on Zoom

## Swing Band

Every Tuesday, 1:30 to 3:00 p.m.  
Newton City Hall, 1000 Commonwealth Avenue

## Drawing Studio

Every Monday, 9:00 to 11:30 a.m.  
Newton City Hall, 1000 Commonwealth Avenue

## Canasta Play

Every Wednesday, 1:00 to 3:00 p.m.  
Brigham House, 20 Hartford Street

## Mah Jongg Play – pre-formed groups only

Every Monday, 1:00 to 3:00 p.m.  
Brigham House, 20 Hartford Street

## Mah Jongg Open Play

Every Thursday,  
1:00 to 3:00 p.m.  
Brigham House,  
20 Hartford Street



## Billiards Play

Monday, Wednesday, and Friday, 9:00 a.m. to noon  
Brigham House, 20 Hartford Street

## Mandarin Conversation Group

2nd and 4th Wednesday, 10:00 to 11:00 a.m.  
Brigham House, 20 Hartford Street

## French Conversation Group

Every Thursday, 1:00 to 2:00 p.m.  
Brigham House, 20 Hartford Street

## Spanish Conversation Group

Every Tuesday, 9:00 to 11:00 a.m. on Zoom

## German Conversation Group

Every Tuesday, 12:00 to 1:00 p.m.  
Brigham House, 20 Hartford Street

## Chair Massage (\$40 for 20 minutes)

Fourth Monday, 12:50 to 2:50 p.m.  
Hyde Community Center, 90 Lincoln Street

To find out about art and special workshops, as well as other programs:

1. Subscribe to our Friday electronic newsletter, "Updates from the Newton Senior Center," or view it on our website, [newtonseniors.org](http://newtonseniors.org)
2. Call 617-796-1666 (our 24/7 Program Hotline).
3. Pick up an Activity Listing at Brigham House, 20 Hartford Street, or Hyde Community Center.



# WEEKLY EXERCISE PROGRAMS

## Chair Yoga

**Mondays at 9:00 a.m. – 90 Lincoln Street**

**Wednesdays at 10:00 a.m. – 90 Lincoln Street**

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses can be modified while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit. Led by Diane S.

## LaBlast

**Fridays at 1:00 p.m. – 90 Lincoln Street**

LaBlast Cardio Dance and Strength is a fitness class based on dances such as disco, salsa, foxtrot, swing, cha cha, and more. No partner or dance experience necessary. We'll use simple patterns from these dances, which are easy to follow. Weights are incorporated. We'll use music from all genres and decades. Led by Karen K.

## Dance Aerobics

**Wednesdays at 1:00 p.m. – 90 Lincoln Street**

Enhanced low-impact dance aerobics movement with muscle conditioning, strength training, and stretching. Led by Louise C.

## Muscle, Movement, & Balance

**Tuesdays at 10:30 a.m. – 90 Lincoln Street**

**Thursdays at 10:30 a.m. – 90 Lincoln Street**

A balance, movement, and strength-building class using exercise loops and weights. The class focuses on strengthening areas that are prone to injury. Modifications are offered; exercises can be done seated. All abilities are welcome. Led by Nicole V.

## Line Dancing

**Mondays at 1:30 p.m. – 90 Lincoln Street**

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. No need to have a partner and no experience necessary! Led by Paul H.



## Seated Strength & Balance

**Wednesdays at 12:00 p.m. – 90 Lincoln Street**

**Mondays at 12:00 p.m. – Zoom**

The class begins with a thorough warm-up and is followed by strength training & balance exercises, using weights. Led by Pearl P.

## Tai Chi

**All Tai Chi classes are held at 90 Lincoln Street**

**Beginners: Fridays at 10:45 a.m.**

**Intermediate: Mondays at 10:15 a.m.**

**Advanced: Mondays at 11:30 a.m.**

**Advanced: Fridays at 9:30 a.m.**

Tai Chi is an ancient Chinese tradition that is practiced today as a form of low-impact exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Led by Aaron C.

## Meditation (on Zoom)

**Thursdays at 9:00 a.m.**

Practice paying compassionate attention to all that moves through us. This group is a supportive space to begin or continue a meditative practice. Led by Betsy S.

## Zumba Gold (on Zoom)

**Mondays, Tuesdays, and Thursdays at 10:00 a.m.**

This class introduces easy-to-follow Zumba (Latin-style) choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and strong. Led by Ketty R.

**Questions about programs? Call 617-796-1675.**

# ESSENTIAL NEWS TO KEEP YOU HEALTHY

## CONNECTING WITH THE SENIOR CENTER

There's always something happening at the Newton Senior Center – classes, programs, games, and opportunities to connect with other seniors and with services that can enhance your life. The best way to learn what's happening is by reading our weekly e-newsletter, which comes out every Friday. To sign up, go to our website – [www.newtonseniors.org](http://www.newtonseniors.org) – and look for “Sign Up Here,” at the bottom of the page. Or email [iseidmann@newtonma.gov](mailto:iseidmann@newtonma.gov).

If you don't have email, please call our Programs Information Line at **617-796-1666**, where you can listen to a recorded listing of our weekly activities. You can also pick up an Activity Listing at Brigham House.

## MEDICARE AND YOUR PHARMACY

With Medicare plans, does it matter which pharmacy you use? YES, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have pharmacies that are either in-network or preferred. By using an in-network or preferred pharmacy, you can guarantee savings. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will have to pay full retail price.

Plans can change their network of pharmacies from year to year, so it is important to check yearly to avoid this happening to you. Make sure that the pharmacy you currently use is the best one for you and your wallet! If you haven't checked yet, you can log into your Medicare.gov account or schedule an appointment with a trained SHINE counselor.

To schedule a SHINE appointment, call the Newton Senior Center at **617-796-1675**.

## 55+ PLUS PROGRAMS FROM PARKS, REC, & CULTURE

A variety of exercise and recreation programs for older adults are offered by Newton's Department of Parks, Recreation, and Culture. Art classes and trips are also offered.

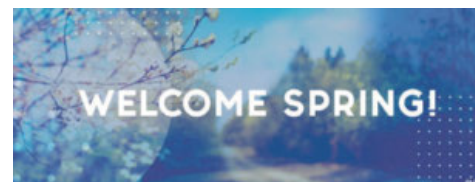
The newest 55+ offerings are adult soccer, ballroom lessons, a three-week mindfulness and nature workshop, and a neurographic art workshop.

For information, contact Nancy Scammon, Over 55 Director, Parks, Recreation, & Culture, at [nscammon@newtonma.gov](mailto:nscammon@newtonma.gov) or **617-796-1506**.

## FREE FOOD

The Commodity Supplement Food program (CSFP) is sponsored by The Greater Boston Food Bank. CSFP works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods. Eligible residents will receive two free bags of food once a month (**3rd Friday of the month, 1:00 to 2:00 p.m.**).

Packages include a variety of healthy shelf-stable foods such as nonfat dry milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. On occasion, fresh produce will be distributed, as well. Food pick-up will be at the **Hyde Community Center, 90 Lincoln St, Newton Highlands**. If participants cannot pick up their own groceries, they can assign someone as a proxy to pick up groceries for them. To register, contact Emily Kuhl at **617-796-1672** or [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov).





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## PAYING FOR FITNESS CLASSES

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. There are four ways to pay:

### 1) Pay online

Go to [newtonseniors.org](http://newtonseniors.org) and click the blue "Pay Online" button (please note there is an additional 3% convenience fee for credit cards).

### 2) Drop off a monthly check

Please make it out to the Newton Senior Center. You can leave it with Reception. Make sure to note which classes you are taking.

### 3) Mail in a check

Please make payable to Newton Senior Center and write the class name on your check. Donations may be mailed to: City of Newton, Senior Services Department, Attn: Fitness Contribution, 1000 Commonwealth Avenue, Newton, MA, 02459.

### 4) Credit card by phone (business hours only)

Please call Reception, at **617-796-1675**, or Norine Silton, at **617-796-1664**. Please note there is an additional 3% convenience fee for credit card payments.

## HOW TO MAKE A DONATION

If you'd like to support the Newton Senior Center or honor the efforts of loved ones or colleagues, you can mail a check payable to the Newton Senior Center to City of Newton, Attn: Department of Senior Services, 1000 Commonwealth Avenue, Newton, MA 02459.

You can also donate online at [newtonseniors.org](http://newtonseniors.org). Click the blue "Pay Online" button, and make a "General Donation" or "Memorial Donation." Thanks for your support!

## UPCOMING HOLIDAYS

The Newton Senior Center will be closed on

**Monday, May 27 (Memorial Day) and**

**Wednesday, June 19 (Juneteenth)**

***NewMo will not run on those days.***



## WHAT'S FOR LUNCH?

### Lunch at the Senior Center

Join fellow seniors and Springwell for lunch. Grab-and-go lunches OR dine-in lunches are available Monday through Friday (except holidays), from 11:30 a.m. to 12:30 p.m. at the Senior Center's interim location at 20 Hartford Street. The menu can be found at [www.newtonma.gov/lunch](http://www.newtonma.gov/lunch)

**To make a reservation, please leave a message at 617-796-1668 *two business days in advance*.** Your message should include your name and what day you would like to attend and/or pick up lunch. The meal is free to all. However, an optional donation of \$2.50 to Springwell, a local non-profit, is suggested.

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Lathy Cedrone Vaccaro, in memory of Elena Warren

David Wenstrom, in memory of Elena Warren

\*\*\*

Judith Caplan, in appreciation of Bob Drukman and his band, in honor of their Valentine's Day concert

Lisa Spira, in honor of Alan Radding's birthday

Hansa Shah, in thanks for the Newton Senior Center's programming

## LETTER FROM THE DIRECTOR (CONTINUED)

various groups. Audrey spearheaded the creation of the previous Senior Center at 345 Walnut Street in 1990, after being appointed by Mayor Theodore Mann to co-chair the Steering Committee. The Senior Center opened in 1993 in what had been a branch of the Newton Free Library. When the Cooper Center opens in 2025, it will be the first major civic building in Newton to be named after a woman.

Since the groundbreaking ceremony, the construction crew has been hard at work. Framing will go up in the next few months.

I look forward to the "budding" of the building in the coming weeks and to the many ways that seniors will bloom, once we are in a beautiful new building where seniors can develop their interests and talents and connect with others.

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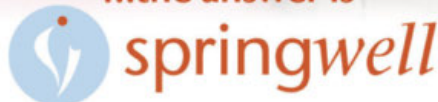
*Where can I get information about in-home help?*

*Which private options or public programs are right for me?*

*How do home-delivered meals work?*

*I am juggling so much with caregiving – is there help for me?*

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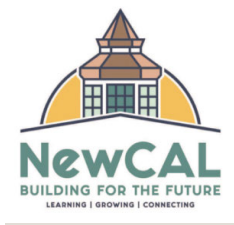
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## SENIOR CENTER CONTACT INFO

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**Fax:** 617-969-9560

**Reception Desk (BH) 1675**

**Customer Service Desk,  
(BH – 2<sup>nd</sup> Flr) 1667**

**Kitchen (BH – 1<sup>st</sup> Flr) 1668**

**Program Information  
Recorded Line 1666**

**Mignonne Murray,  
Director (BH) 1671**

**Nancy Gagnon,  
Administrative Assistant  
(BH, Thur/Fri) 1675**

**Emily Kuhl, Case Manager  
(BH) 1672**

**Elizabeth Lund, Outreach  
Coordinator & NewMo  
(Library) 1665**

**Liz O’Connell,  
Administrative Assistant  
(BH, Mon-Wed) 1675**

**Norine Silton, Executive  
Administrator (BH) 1664**

**Ilana Seidmann, Program  
Coordinator (BH) 1670**

## SENIOR CENTER

### Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them 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.