



**Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)**

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**May-June 2020**

## Warm Wishes and Messages from Our Staff

### A Message from Newton Department of Senior Services Director, Jayne Colino

I sit here writing this message in the middle of April, in my living room in my PJs, waiting to participate in a Zoom meeting (a whole new way of meeting) about how the City can provide access to food for all residents as this Covid-19 crisis continues. It's been well over a month since we have seen the people whose vitality brings the Senior Center to life every day. Who could have ever imagined?! YOU ARE MISSED!

Staff are still working every day, doing the most important thing we always do... creating connections. Connections to each other through our new online programming, some of which allows you to see each other. Connections to resources (grocery stores, doctor appointments) through our NewMo transportation service and volunteer shoppers and deliverers (of food, prescriptions, and other essential items). We also connected with older residents when volunteers made thousands of outreach calls to check in, make sure people had access to essential items, and most importantly to let them know someone was thinking about them and that we are all in this difficult time together.

Although this feels unprecedented to many of us, most of the older people we've talked to were affected by and lived through WWI and WWII and the Spanish Flu. They survived the Great Depression; some reminisced about their memories of the Polio epidemic. What we heard in a lot of the conversations reflected strength, resilience, survival experience (which for many includes offering and accepting help), and hopefulness for the future. Even though we share and learn many of the same things as a society during an international crisis like this, we are all affected by those lessons here in very personal ways as well. I think I can confidently say that we each now understand, in our own individual ways, what isolation

is and how it feels! Because of Covid-19, all our worlds were forced to become smaller for a relatively short period of time. (I hope by the time you read this that your world is starting to feel less confined). I also hope that you've had moments when you've felt less isolated because of a phone call, text, sticky note, or a helping hand, either given or received. I know I did. While life will return to normal for most of us, some people will continue to feel alone. Let's commit to continuing acts of kindness and helping each other feel more connected way after Covid-19 has entered the history books.

*-Jayne Colino, Director*

Hi everyone! I hope you are all safe and healthy. I am helping Newton seniors receive assistance with grocery shopping, getting prescriptions, and managing a box lunch delivery service. I am also available to answer questions and help with any other essential needs during this time. If you are a family member caring for an older adult, I can help you find resources and direct you to services. Please call or email me at 617-796-1672 or [ekuhl@newtonma.gov](mailto:ekuhl@newtonma.gov) for assistance. Whether I am in my office or working from home, I am checking my messages frequently and will return your call/email as soon as possible. *-Emily Kuhl, Case Manager*

We would like to thank the many new volunteers, as well as our stalwart regulars, who have stepped up during the pandemic. During the past few weeks, these volunteers have made more than 7,000 initial wellness calls to all of the seniors known to be living alone in Newton. Volunteers have also made follow-up calls as needed, have shopped and delivered groceries to seniors, and have helped with medication pick-ups and setting up pharmacy deliveries. This dedicated group has also delivered Senior Center lunches and Commodity Foods. We're deeply grateful for their efforts! *-Julie Joy, Volunteer Coordinator*

*—continued on Page 2—*

***Please call the Senior Center before you come to make sure that programs have resumed.***

# Programs

Every day I look out the window and I'm grateful for the flowers that are poking through the soil or blossoming on the trees. They remind me that all seasons eventually change. In the meantime, if you have questions about senior transportation in Newton or you want to sign up for NewMo, the city's on-demand transportation system, please let me know. Rest assured that NewMo rides are not shared during this public health emergency; there is only one rider per car, unless someone is traveling with a family member or an aide. I can also help job seekers connect with the 50+ Job Networking Group, which has resumed its meetings via Zoom. This online platform enables facilitator Tom Patria to teach vital skills for the job search – some companies are still hiring! – and for maintaining focus and productivity during this difficult time. I don't yet know when the AARP tax program will resume. As soon as that situation becomes clearer, I will contact everyone whose tax appointment was cancelled due to the coronavirus. If you have questions about any of the programs I've mentioned, please contact me at 617-796-1665 or elund@newtonma.gov. Brighter days are coming! **Elizabeth Lund, Outreach & Engagement**

## Commodity Foods Program

### *Third Friday of every month*

2 Fridays: May 15th and June 19th, 1:00-2:00 p.m. The CSFP is a food distribution service for eligible New-ton seniors 60+. Pre-packaged groceries with primarily shelf-stable food is provided, sometimes with produce. Participants can receive two free bags of food once a month at the Newton Senior Center. Participants must meet income guidelines, as well as provide proof of age and residency. **To receive an application, contact Emily Kuhl, 617-796-1672 or ekuhl@newtonma.gov**

**Disclaimer** We thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire participants. The Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

## Senior Center Meals, provided by Springwell

Lunch, *Monday–Friday 11:30 a.m. To reserve, call 617-796-1660 by 11:00 a.m. the previous day.* A voluntary donation of \$2 is suggested per meal.

The Newton Senior Center will close on:  
**Monday, May 25th**  
**(in observance of Memorial Day).**

I hope that you are well. All of the programs that I had planned through the end of June have been postponed; but, whenever we re-open, we'll have all of our regular fitness classes, support groups, and fun "pop-up programming" such as movies, ice cream socials, and other surprises. Just call the Newton Senior Center for an update on what will be happening each week or check our website, **newtonseniors.org** Also, all of our usual exciting programs— lectures, concerts, art classes, and more— will happen as soon as we are able. I can't wait to see you here! **-Ilana Seidmann, Program Coordinator**

## Drop-In Programs: May & June 2020

### Monday

8:45 a.m. Intermediate Tai Chi  
9:00 a.m. Pool Cues  
10:00 a.m. Zumba Gold  
1:00 p.m. Games  
1:00 p.m. NewsTalk  
1:30 p.m. Yoga: chair  
2:45 p.m. Nia

### Tuesday

9:00 a.m. Intermediate Spanish  
9:30 a.m. Beg. Bridge & Coaching  
10:00 a.m. Zumba Gold *at Hyde Community Center*  
11:00 a.m. Muscle Conditioning  
12:30 p.m. Ceramics Open Studio  
1:00 p.m. Bingo  
1:30 p.m. Swing Band

### Wednesday

9:00 a.m. Pool Cues  
9:00 a.m. Drawing and Painting Open Studio  
10:45 a.m. Seated Strength & Balance  
12:00 p.m. Zumba Gold

### Thursday

8:45 a.m. Mindful Meditation  
10:00 a.m. Beginner Tai Chi  
11:00 a.m. Tong Ren  
11:45 a.m. Advanced Tai Chi  
1:00 p.m. Games  
1:00 p.m. Yoga: chair  
1:00 p.m. French Salon  
2:00 p.m. Active Chair Yoga *Hyde Community Center*

### Friday

9:00 a.m. Muscle Conditioning  
9:00 a.m. Intermediate Spanish Conversation  
9:00 a.m. Pool Cues  
9:45 a.m. Zumba Gold *at Hyde Community Center*  
10:00 a.m. Beg. French  
10:05 a.m. 20-20-20 Fitness Class  
11:15 a.m. Zumba Gold  
12:30 p.m. Seated Strength & Balance  
1:00 p.m. Chess  
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We may not be able to open to the public as planned on May 4th. Please “call before you come” by dialing our Front Desk at **617-796-1660** to be sure that we are open!

**Parkinson’s Support Group**  
*Last Monday of every month*

Mondays: May 18th (date change due to Memorial Day) and June 29th, 10:30-11:30 a.m.

People with Parkinson’s Disease, caregivers, and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, a retired primary care M.D. with a special interest in Parkinson’s Disease and related disorders.

**Clutter Support Group**  
*Second Friday of every month*

2 Fridays: May 8th and June 12th, 2:30-3:30 p.m.

Come get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care. **For more information, contact Karin Lehr, 617-969-4925, ext 5958.**

**Bereavement Support Group**  
*Third Thursday of every month*

2 Thursdays: May 21st and June 18th, 10:30-11:30 a.m.

This group is a safe place to reflect on our losses (separation from or death of loved ones, end of life, etc.) We will explore meditation, writing, poetry, and simple rituals and share strategies for self-care and community support. Betsy Simmons is a holistic health educator, spiritual care provider, and mindfulness teacher. New members are always welcome!

**Caregiver Support Group**

*Third Tuesday of every month*

Tuesdays: May 19th and June 16th, 2:00-3:30 p.m.

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. **Register with Case Manager Emily Kuhl at 617-796-1672.**

**Low Vision Support Group**

*First Monday of every month (except in July, January & February),*

Mondays: May 4th and June 1st, 12:30-2:00 p.m.

Amy Ruell, Director of Peer Support and Low Vision Adjustment Group Services, will be leading the group this spring. This group is sponsored by the Massachusetts Association for the Blind and Visually Impaired.

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### Newton Department of Senior Services

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



#### Staff: 617-796-XXXX

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#### Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support us through welcoming, respectful, and meaningful opportunities that engage and value older people and empower us 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.