



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

Published Bi-Monthly Issue #4 Volume XIV

July/August 2020

Join Our Virtual Programs!

Did you know that the Newton Senior Center is now running many programs virtually?

You can join us for Zumba Gold with Ketty, Seated Strength & Balance with Pearl, Muscle Conditioning with Nicole, Meditation with Betsy, a weekly Folk Sing-Along, monthly Caregiver Support Groups and Bereavement Support Groups, and fun, educational programs on music history, aging issues, armchair travel, poetry, stress management, drawing, art, finances, and more?! All you need to do it sign up for our email list! We will send you a weekly e-newsletter which lists all of our virtual programming for the upcoming week.



Participants enjoying a virtual exercise class

Email your first name, last name, and email address to:

iseidmann@newtonma.gov You will receive emergency notifications, information about classes online, and more! Your information will not be shared with any outside organizations.

Would you like help getting onto Zoom? Please contact our Volunteer Coordinator, Julie Joy, at jjoy@newtonma.gov or 617-796-1674. She will have a volunteer computer teacher call you. The volunteer will be happy to help you over the phone with email, getting access to virtual classes, and more.

If you would like a simple tutorial about Zoom, please visit our website, newtonseniors.org or contact iseidmann@newtonma.gov for an easy YouTube tutorial, specifically for seniors.

Finally, did you know that you can call into our programs, and you don't even need internet access? Yes, each Zoom meeting has a "call-in number" where you can call in to hear the lecture—no computer required! (Please understand that some programs are more conducive to this than others).

Please join us!!!

Thank You

Our lovely nautical-inspired heading was designed and created by our very own Yael Melman, a Newton senior who has been volunteering with the Newton Senior Center for several years. Before the pandemic forced us to close, Yael created the program flyers that adorned the walls of the center. Since then, she has been using her keen eye and technology skills to beautify our newsletters. We're grateful to Yael and to all the volunteers who have been helping their neighbors during this time.

You can reach staff at the Newton Senior Center by calling 617-796-1660 and leaving a message.

Notices

Fabric Face Coverings Available

If you are in need of a fabric face covering, the Newton Senior Center has received some as donations. Please call or email Norine Silton, 617-796-1664 or nsilton@newtonma.gov

Senior Citizens Parking Stickers

If you live in Newton, are 65 years of age or older, and have a car registered in your name, you may be eligible for a Senior Citizens Parking Sticker for discounted parking at the City's municipal parking lots. The pass is for 2 years (\$6), and we are just starting the second year (June 1st), so the price has gone down to \$3 and the sticker will expire on June 30, 2021. Even though the Newton Senior Center is closed, we have many options available for you to receive to a sticker. Please contact Norine Silton at nsilton@newtonma.gov or 617-796-1664. Visit our website newtonseniors.org for more details.

Credit Card Donations

If you would like to make a contribution to your fitness/wellness class, you pay now do so online, using a credit card. Please visit newtonma.myrec.com Create an account. Then go to Programs and click on the exercise class you're taking. Once you have an account set up, you won't need to do it again. And you can log in at your leisure to pay for your class. We will be happy to provide fitness reimbursement letters, based on payments made through MyRec. Questions about payment? Call Norine at 617-796-1664 or Ilana at 617-796-1670.

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.

Daily Meal Delivery is Available through Springwell

Please call Emily Kuhl at 617-796-1672 to sign up.

The Newton Senior Center will close on:
Friday, July 3rd
(in observance of Independence Day).

NewMo

NewMo – Newton in Motion – is our transportation service for residents age 60 and older. The service is provided by Via under a contract with the Department of Senior Services. Riders can request trips to the Senior Center, medical appointments, houses of worship, grocery shopping, and to long-term care facilities within the Garden City. You can also go to any Village center, any city building or city-sponsored program or event, and to the Needham Street Corridor. NewMo takes riders to certain medical facilities outside of Newton as well. Unlike Newton's previous transportation system, NewMo is an on-demand ride-share system similar to Uber or Lyft. That means you call shortly before you want to travel, on the day you want to travel. During the pandemic, there are no shared riders— you will be the only passenger in the vehicle, unless you are traveling with a companion. Please call Elizabeth Lund at 617-796-1665 to sign up.

Medicare Questions? SHINE Can Help!

The **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program offers free confidential counseling on all aspects of health insurance to anyone on Medicare or who needs to sign up for Medicare soon. The Newton Senior Center is offering SHINE telephone appointments. Please call 617-796-1665 to sign up for a telephone appointment.

Commodity Supplemental Food Program

The Commodity Supplemental Food Program works to improve the health of low-income senior residents by supplementing their diets with nutritious USDA foods provided through the Greater Boston Food Bank. Seniors must be 60+ and complete the application form in advance to be registered to receive groceries. Eligible residents will receive two free bags of food once a month (3rd Friday of the month; July 17 & August 21) containing healthy shelf-stable products. Food packages include a variety of 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. During the pandemic, participants can pick up at the Newton Senior Center, 345 Walnut Street, or if an individual cannot pick up, we can deliver. Please call Emily Kuhl at 617-796-1672 to sign up.

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06-5143

Notes

Socially Distant Walking Group for Seniors: The Highland Hikers

We are a walking group meeting three times a week on Mondays, Wednesdays, and Fridays at 7:30 a.m. We walk for about an hour, doing 2+ miles. We meet at the corner of Hartford and Lincoln Streets by the Congregational Church. Please bring a cloth face covering. Questions? Call Marianne at 617-527-4469.

Economic Stimulus Checks

In these difficult economic times, no one wants to throw money away; you may be one of the four million people receiving their economic stimulus payment through a debit card in the mail. Unfortunately, the envelope and letter may look like promotional materials for a debit card. But, it's not. Don't throw it out accidentally! For more information and to see images of what the mailing looks like, visit <https://www.eipcard.com/>

A Message from the Newton Department of Health and Human Services

As we move into late summer, it is important to be aware of seasonal health. There are several practices you can follow to stay healthy. Ticks and mosquitoes are becoming more active again, and they will stay active until the middle of fall. There are many steps you can take to stay healthy and avoid catching diseases carried by ticks and mosquitoes. Before stepping outside, use an insect-repellent spray. When possible, wear long-sleeved shirts and long pants outdoors to prevent insect bites, and stay away from tall plants and grasses. Once you're back inside, be sure to check yourself for ticks and mosquito bites, even in spots that were covered by clothes. If you think you may have a tick-borne or mosquito-borne illness, call your doctor as soon as possible. It is important to continue to take steps to protect yourself and others from COVID-19. New information about COVID-19 is constantly emerging, and unfortunately, it is not possible to relay the most up-to-date information through this format. Washing your hands frequently, staying at least six feet apart from others, and wearing face coverings appropriately are still effective steps to prevent the transmission of COVID-19. We are already preparing for flu season, as well. We are planning to offer flu vaccines in accordance with COVID-19-transmission-safe conditions. We will provide updates as they become available. Practicing a few simple and easy-to-follow steps can prevent health problems in the future. Stay mindful, to keep yourself and the people around you safe and healthy.

Thank you for Your Contribution to the Newton Senior Center

Trudy Lanman, *in thanks to all the staff and volunteers for all you do for us*

Marianna Talis, *in appreciation of the Newton Senior Center*

Fu-Mei Huang, *in appreciation of the Newton Senior Center*

Linda Madden, *in thanks for the AARP Tax Preparation program and appreciation of the Newton Senior Center*

Josephine Carcia, *in thanks for the AARP Tax Preparation program*

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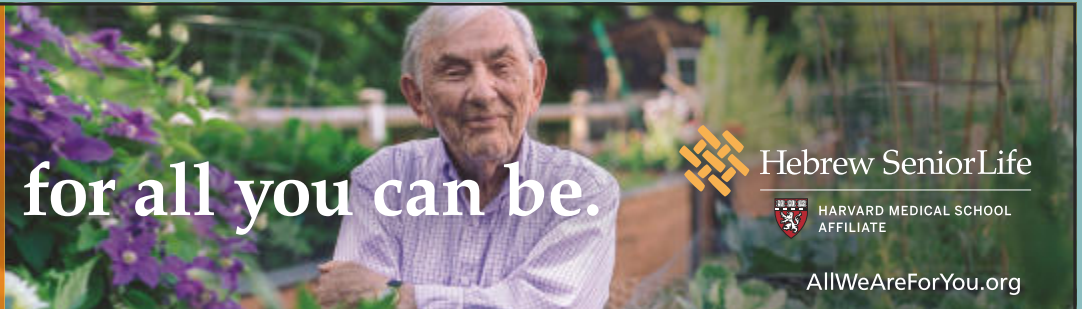
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Mission

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.