

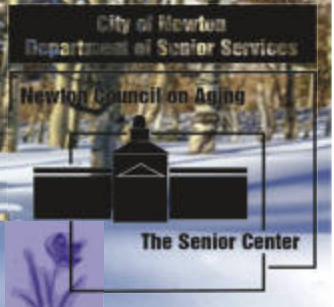
COMING

OF

Age...

Your Center for Connection

Published Bi-Monthly
Issue #1 Volume XIV



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

Published Bi-Monthly

January/February 2021

It's Tax Time Again!

The Newton Senior Center and AARP understand that many seniors rely on the free tax assistance provided by AARP Volunteer Tax Counselors. We plan to provide tax assistance again in 2021, with appropriate safety measures to keep everyone safe.

If you need help doing your taxes, call the Newton Senior Center at 617-796-1660 to make an appointment with an AARP Volunteer Tax Counselor. You may call, starting Tuesday, January 19th. Appointments will run from early February through mid-April, barring further COVID restrictions.

Please note that the AARP Tax Program is intended to help low- to mid-income seniors – less than \$70,000 per person or \$85,000 per couple – who have simple returns.

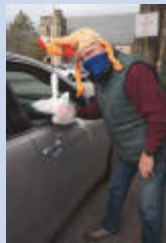
If you have foreign pensions, more than \$25,000 in schedule C expenses, or more than 14 days of rental income, other than land, we cannot do your return.

Once you make an appointment, you will receive a confirmation letter that lists documents you will need, including: 2019 Federal and MA tax returns • Social Security Cards and a government-issued photo ID •

Documents showing interest and dividends, including year-end brokerage statements • Forms showing pension and IRA distributions, including 2020 Social Security Statement • Real Estate tax bills, mortgage statement, water and sewer bills • Home assessment (2020) • Rent (monthly or annual) and landlord name and address.

On the day of your appointment, please arrive 15 minutes early, with your paperwork in order.

We had so much fun delivering 100 turkey dinners this year. Thanks to all of those who helped with this effort! A special thanks to The Village Bank for sponsoring our program!



Exciting News – The Newton Senior Center's Web Pages Got a Makeover!

The Senior Center's web pages, www.newtonma.org recently got a makeover. It's now easier to find our most current information on fitness, classes, transportation, donations, and more. We'd love for you to take a look and send your feedback to, nsilton@newtonma.gov.

The Newton Senior Center remains closed to the public.

The vast majority of our programs in January and February will be held virtually.

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, please contact Norine Siltan at nsiltan@newtonma.gov or 617-796-1664.

Senior Parking Stickers

Newton residents, 65 years and older are eligible for a Senior Parking Sticker that allows free parking in the City's municipal lots. We are now in year 2 of the current 2-year Senior Parking Sticker program. The stickers are blue and show an expiration date of June 30, 2021. If you do not have one, you may apply by mailing a copy of your license and registration. If a personally-leased car, we need a copy of the lease, too. Commercial and/or company cars are not eligible. To get a new sticker, the cost is \$1.00. Stickers are good at 1, 2, and 3-hour meters in all city lots, but not on the street! The Senior Center is closed, right now, but you can mail copies of your documentation to the Newton Senior Center, 345 Walnut Street, Newtonville 02460. Payment can be made by check (made out to Newton Senior Center), or you can go online to the City's website. If you have questions, please contact Norine Siltan at nsiltan@newtonma.gov or 617-1664-1664. Information can also be found on our website.

Pay for Classes Online!

You can now pay your classes, including fitness classes and other services, online! Just go to newtonseniors.org and click on the green payment button. It can be done right from your home, 24/7! 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 be closed for all business on: **Monday, January 18th**

(in observance of Martin Luther King, Jr. Day) and **Monday, February 15th** (in observance of President's Day).

NewMo will not run on these holidays, and lunch delivery, grocery shopping, and prescription pick-ups will not be available on these days.

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 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, you will be the only passenger in the vehicle, unless you are traveling with a companion. Call Elizabeth Lund at 617-796-1665 to sign up.

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: January 15th & February 19th) 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.

Durable Medical Equipment Loan Program

The Newton Senior Center coordinates a program that allows Newton residents to donate and borrow "gently-used" medical equipment; such as 2-wheel walkers, 4-wheel rollators with seats, shower chairs, commodes, wheelchairs, transport chairs, etc. Due to Covid-19, the demand has been high, and the donations have been low. If you have "gently-used" equipment that you no longer need, please call us at 617 796-1673 or email nsiltan@newtonma.gov to see if you have something we can use. We will happily schedule a time for you to drop the equipment off at the Newton Senior Center safely, without contact. Please note that the Senior Center is closed and all donations are by appointment only. Additionally, if you need equipment, please call or email us, as noted above.



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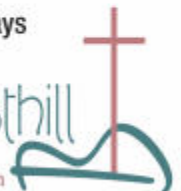
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Notes

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 **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2021, all the 27 Medicare drug plans have **preferred pharmacies**, as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

The SHINE Program remains available for remote counseling and assistance. Trained SHINE volunteers offer free confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE phone appointment, call the Newton Senior Center at 617-796-1664. For other SHINE-related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number, and town. A volunteer will call you back as soon as possible.

Virtual Programs and E-Newsletter

The Newton Senior Center has an e-newsletter with over 3,400 subscribers. If you want to receive the e-newsletter every Friday, please email: iseidmann@newtonma.gov Your information will be kept private.

Thank you for Your Contribution to the Newton Senior Center!

Marcia Barron, *in memory of Dr. Ernest Picard*
Sheila Brownstein, *in thanks to the Newton Senior Center*
Carolyn Burke, *in thanks for the AARP Tax Assistance program*
Beatrice Carp, *in honor of Vera Wood's new home*
Madeline Dupiton, *in thanks to the Newton Senior Center*
Judith Horgan, *in thanks to the Newton Senior Center*
Paul and Marilyn Kalis, *in thanks to the Newton Senior Center*
Elizabeth Keeley, *in thanks for the mask donations*
Diane Mantak, *in special thanks to Pearl Pressman and Ketty Rosenfeld*
Francis and Nancy Passavant, *in thanks for our virtual programs*
Marie and Jim Piraino, *in thanks to the Newton Senior Center*
Richard and Sandra Thau, *in thanks for SHINE counseling from Steve Maas*
Wellesley Free Library Staff Association, *in memory of Elise MacLennon*

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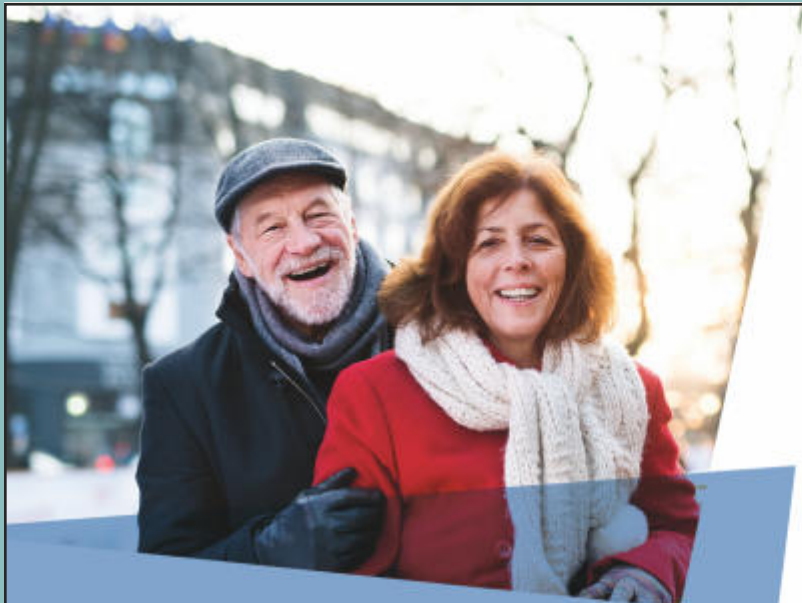
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Mission

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.