

COMING

OF

Age...

Your Center for Connection

City of Newton
Department of Senior Services

Newton Council on Aging

Published Bi-Monthly
Issue #3 Volume XIII

The Senior Center

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

Published Bi-Monthly

May/June 2021

Help Us Invent Our Next Normal: A Message from Director Jayne Colino

It's so hard to believe it has been a year since I wrote to you here about COVID-19 and the Senior Center closing to the public. So much has happened to the world and all of us since then. I am sure we can all find our own words to describe the past year. Here, at the Senior Center, we have missed you dearly, yet we have found ways to meet people's needs for services and connection. A year ago, I barely knew how to attend a meeting using Zoom. I am proud to say hundreds of you have attended our amazing virtual programs. You have traveled virtually to countries you never thought you would, exercised with friends from other states, painted in your own living rooms, and connected in this new way. We intend to continue these virtual program opportunities, even as we inch closer to the time when we can meet in person. We are also looking at ways to expand online access for people and have recently been awarded a Tablet Program grant to provide a tablet loan for those who may lack access to technology but want to participate in our virtual programming (more details to come in the next few weeks). Yet, even as we look ahead, I'm so proud of everything we have done during the past year and continue to do. Current and newly recruited volunteers have helped us provide over 1,000 deliveries of food, prescriptions, and other essential items from stores, food pantries, and other emergency resources. We have delivered over 10,000 daily meals since last March to people who would have come the center to dine if it were open. More recently, we have been able to add wonderful meals from local restaurants under a program with the Newton Needham Chamber of Commerce and Rotary Club. Volunteers delivered Thanksgiving dinners, holiday cookies and cards, and mystery gift bags provided by Newtonville Books. The delivery of these items was as important and as appreciated as the connections participants used to make at our doorsteps; they reminded people that they were being thought of. Although we closed our doors to in-person programming back in March of 2020, we did not close in any other way. We continued to provide transportation safely by offering un-shared rides.

Residents were still able to access durable medical equipment and parking stickers through safe methods of distribution. We have now had two successful tax filing seasons provided in a space with social distancing measures and plastic partitions. Our SHINE (Medicare) counselors helped hundreds of people during Medicare open enrollment and other health insurance decisions over the phone and using computers instead of face-to-face here at the center.

Additionally, staff and volunteers responded to thousands of inquiries and assisted people in getting vaccine appointments, which will enable us, one shot at a time, to move closer to gathering, again. As I hope you can see in the programs and services described above, we did not close, we adjusted what we did to help people during an unprecedented time. We are now asking you to be patient with us and to provide input as we imagine and reinvent our next new normal at the Newton Senior Center. As we look to re-opening, we are working closely with the Newton

Department of Health and Human Services and the Public Buildings Departments to assure the safest possible environment, as we re-open our doors. We are also working closely with the Massachusetts Association Council on Aging and the Executive Office of Elder Affairs to learn how to safely reopen. As you know, the Senior Center functions in a multitude of ways. We function as a movie theater, a restaurant, fitness club and office space, sometimes all at once. We are learning, for instance, that the function room allows far fewer people for fitness than it would for a lecture or a movie. We do not know exactly when we will be able to reopen. We do know that we will not be able to unlock the doors and just welcome everybody back in. Most likely, our programs will have limits, and you will need to pre-register for all programming. We also anticipate that services will continue to be offered by appointment only.

Don't think of this as another loss, but as moving toward our next normal and beyond. We are so excited to share this time with you. Stay tuned, as we figure this out together.

If you want to receive the e-newsletter every Friday, please email iseidmann@newtonma.gov

The Newton Senior Center remains closed to the public. The majority of our programs in May and June will be held virtually. You can reach staff at the Newton Senior Center by calling 617-796-1660 and leaving a message. 1

Notices

It's Time to Renew your Senior Parking Stickers!

The Department of Senior Services offers Newton residents age 65 or older free parking in the City's municipal parking lots, with some restrictions.



- Current parking stickers (blue) expire on June 30, 2021
- New stickers (red) will be available for purchase starting May 1st, 2021
- New stickers will be good for two years and will expire on **June 30, 2023**

- This year we will be renewing via **mail-in only**.

Senior Parking Sticker mail packet MUST include:

- 1.) Legible copy of your MA driver's license showing age 65 or above AND Newton residence
- 2.) 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 leased, also provide a copy of your lease agreement showing Lessor and Lessee. Lessee address must match driver's license.

3.) Include a check 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 credit card online by going to our website www.newtonseniors.org. A copy of your online receipt must be included with your mail packet.

4.) A self-addressed, stamped envelope for the return of your sticker(s).

5.) Mail to the Newton Senior Center, 345 Walnut St., Newtonville, MA 02460, **Attention: Parking Stickers**

Please note: Stickers will be processed in the order they are received and returned by mail in your self-addressed, stamped envelope. All copies of the documentation sent will be shredded unless you request that it be returned along with your sticker. Additional information about the Senior Parking Sticker program can be found on our website at www.newtonseniors.org. If you have questions you can also reach us via email at SCcustomerservice@newtonma.gov or (617) 796-1662 and leave a message.

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.

The Newton Senior Center will be closed for all business on: **Monday, May 25th** (in observance of Memorial Day) and **Friday, June 18th** (in honor of Juneteenth). NewMo will not run. Lunch delivery, grocery shopping, and prescription pick-ups will not be available.

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: May 21st & June 18th) 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. Participants can pick up at the Newton Senior Center, 345 Walnut St, from 1-2pm. Please call Emily Kuhl at 617-796-1672 to sign up or if you have difficulty coming to the center.

Daily Meal Delivery is Available through Springwell

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

Durable Medical Equipment Loan/Donation Program

The Newton Senior Center coordinates a program that allows Newton residents to borrow and donate "gently-used" medical equipment. Contact us 617-796-1673 and leave a message and we will call you back. The Senior Center is closed and all donations are **by appointment only**.

Save the Date! Community Document Shredding & Drug Take-Back Day

Saturday, July 10, 2020, 8:00 a.m.-12:00 p.m. **by appointment** (rain or shine)
Newton Resource Recovery Center, 115 Rumford Avenue,
Open to Newton residents of all ages! Call 617-796-1100.



781-449-4040

BriarwoodRehab.com

150 Lincoln Street, Needham

- Short Term & Long Term Care
- Cardiopulmonary Care
- Orthopedic Rehabilitation
- Certified Dementia Care



The John W. Weeks House

7 Hereward Road, Newton Centre • 617-964-8644

Quality Senior Living at an Affordable Rent

1 & 2 bedroom units; heat included



Visit us at www.ncdfinc.org

Professionally Managed by Newton Community Development Foundation



*"Age is just a number.
Life and aging are the greatest gifts
that we could possibly ever have."*

— Cicely Tyson

We are proud to support Newton's Council On Aging.



Eight convenient Newton & Wayland locations
www.village-bank.com



Member FDIC | Member DIF
NMLS# 408536



Our award-winning
Rehab & Nursing
Services make us the
preferred choice for:

- Rehabilitation
- Long Term Care
- Short Term Care
- Respite Stays

Maristhill
Nursing & Rehabilitation
Center



Contact us today to schedule an on-site tour

66 Newton Street, Waltham • 781-893-0240 • www.maristhill.org

Stay Safely at Home with America's Choice in Homecare®

Visiting Angels provides compassionate home care for adults who want to remain independent in their own homes.

- Personal Care • Assistance with Walking
- Medication Reminders • Errands & Shopping
- Friendly Companionship • Light Housekeeping
- Monitoring for Safety • Respite for family caregivers
- Flexible Schedules • Up to 24-hour Care



617-795-2727

Call for a Free In-Home Consultation

Explore our award-winning services at VisitingAngels.com/Newton

Planning to move? Downsizing? Decluttering?

Contact Karen Zweig for a
free consultation!

617.455.1964

karen@movemaven.com



Saving you time,
money & aggravation!

www.movemaven.com






KOHLER
Walk-In Bath

Discover the walk-in bath that blends the best in safety, comfort and design.

KOHLER
LuxStone.

The shower with safety features including seating, shelves and easy step in.



SAVE 20% PLUS NO PAYMENTS, INTEREST OR MONEY DOWN! UNTIL 2022



THE BOLD LOOK OF KOHLER. Call for a **FREE CONSULTATION: 781-995-4044** or visit bathsafetyathome.com

Subject to credit approval. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid in full within 18 months. Financing for GreenDay® consumer loan programs is provided by federally insured, equal opportunity lender banks. NMLS #1116362. See a NEWPRO product specialist for complete details. Must be presented at time of initial visit. May not be combined with other offers or applied to previous sales. Offer subject to change. Rules and restrictions apply. Financing subject to credit approval. NEWPRO is neither a broker or a lender. Financing provided by third party lenders affiliated with NEWPRO. Offer expires March 31, 2021. MA Reg #140938, IR #28463, CT Reg #0662216.

ANTIQUES PURCHASED
Cleaning Out, Downsizing or Moving?
Looking to declutter storage space, a basement or barn?
WANTED - ITEMS OF INTEREST AND CURIOSITY
FREE HOUSE CALLS - 7 DAYS A WEEK - PROMPT SERVICE
LICENSED AND BONDED MASS. AUCTIONEER - BUYING SINCE 1984

BERT - 617-733-8863 Serving all of New England

MA Auction LIC. AU2628

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE



OAKLEY HOME ACCESS
Maximizing Mobility

FREE HOME SAFETY ASSESSMENTS
GRAB BARS, STAIRLIFTS, RAMPS, & MORE

16 Production Road | Walpole, MA

508.269.9227 | OakleyHomeAccess.com | MA reg 193504

Skilled Nursing Facility
Short Term • Long Term Care

Tastefully decorated, fully furnished rooms, two spacious and elegant dining areas, outdoor handicap accessible walking paths with birdbaths and sitting benches, outdoor patios for dining or relaxing, meticulously landscaped property complete with a resident garden.



STONE
Rehabilitation & Senior Living

277 ELLIOT STREET
NEWTON UPPER FALLS

For inquiries or to schedule a tour, contact the Director of Admissions, Lisa Belle at 617-527-0023 x227

Elder-Well®
Adult Day Program

Do you need help caring for a loved one during the day?

A Safe and Affordable Community Based Long Term Care Option

Natick | 508-655-2536

WINGATE RESIDENCES Independent Living | Assisted Living
AT BOYLSTON PLACE

Start Your New Life Here!

Nurture your body, mind and spirit with a respite stay at Wingate Residences at Boylston Place.

Leave behind your to-do list and experience the exceptional lifestyle you deserve.

Modern Private Apartments | Restaurant-Style Dining
State-of-the-Art Cinema | Robust Engagement Opportunities
Fitness Program with a Certified Trainer

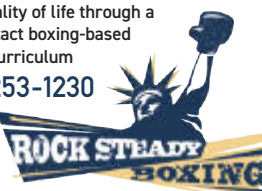
Call us today at 617.958.5639!

WingateHealthcare.com • 615 Heath Street, Chestnut Hill, MA 02467



Rock Steady Boxing, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum

857-253-1230



Nonantum riviera.rafael4@gmail.com
www.rafaelriverawellness.com

Eaton Funeral Homes

As one of the nations oldest funeral homes we have been helping families honor the ones they love for over 200 years. With two locations we cater to our communities and those we surround with compassion and an expertise like no other. Because there is a difference...

~ Every life has a story to tell. Let us tell yours. ~

Eaton Funeral Home • 1351 Highland Ave. Needham • 781-444-0201
Eaton Mackay Funeral Home • 465 Centre St. Newton • 617-244-2034
www.eatonfuneralhomes.com



Notes

Pay for Classes Online!

You can pay for your classes, including fitness classes and other services, online! Just go to newtonseniors.org and click on the 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.



SHINE

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE phone appointment, call the center at 617-796-1660. For other SHINE related matters, call 1-800-243-4636, then press 4.

Thank you for Your Contribution to the Newton Senior Center!

Mary Clory, Paul Campbell, Madeline Dupiton, Loretta D' Amore, Dilma Thyme,
in thanks to the Newton Senior Center
Andrea Hemment, *in memory of Maria Mazzola*

Thank You to Our Sponsors for Supporting our February and March Virtual Programming!

The Newton Lions, Seasons Hospice and Palliative Care, BAYADA Home Health Care, and Wingate Residences at Boylston Place, for co-sponsoring our concert with pianist Leona Chung and vocalist Cara Bender

The Newton Lions, for sponsoring our Songs of the Civil Rights Movement program with John Clark AND our Valentine's Day Concert with Michael Goodwin

Right at Home- Boston MetroWest, for sponsoring our Memory Café on Showboat with Debi Block

Wingate Chestnut Hill, for sponsoring our Mindfulness Series with Neil Motenko AND the Crooners' Caravan Tour of New England with Frank King

Griswold Home Care, for sponsoring our Singing Songs of the 1970s program with Pam Steinfeld

Hebrew SeniorLife, for sponsoring our Beyond Pantsuits program with Historic Newton

Briarwood Rehabilitation & Nursing Center, for sponsoring our Memory Café with Joel Light and Dan Moore

Wingate Residences at Boylston Place, for sponsoring our History of the United States Postal Service program with the Spellman Postal Museum



Study On Emotional Processing

Join a research study with the Cognitive & Affective Neuroscience Lab at Boston College, examining how we process pleasant and unpleasant information. If you are a healthy adult, please contact us at 617-552-1350 or canlab@bc.edu for more information or to schedule an appointment. Online appointments available



- Art making & arts appreciation classes
- New air filtration systems & room partitions
- Tuition assistance available for all ages

www.newartcenter.org | 617.964.3424 | 61 Washington Park, Newton, MA 02460



NEWTON MEMORIAL ART COMPANY

Forever

FINEST QUALITY CUSTOM MEMORIALS

Monuments | Markers | Mausoleums
On-site Engraving | Warranted Forever



617-244-2013 • 732 WALNUT STREET, NEWTON MA
WWW.NEWTONMEMORIALART.COM



Family owned and operated. We design in our office and carve in our shop.



PREMIER REMOVAL SERVICE 617-893-9824

Steven Conroy - Owner

www.lugaway.com | info@lugaway.com

Home Cleanouts
Garage Cleanouts
Office Cleanouts
Storage Unit Cleanouts
Estate Cleanouts
Furniture • Appliances
Televisions • Yard Waste
Construction Debris
Demolition



Providence House Assisted Living



617-731-0505 | 180 Corey Road | Brighton, MA 02135
www.providencehouseassistedliving.com

Providing comprehensive real estate services

with over 30+ years
of experience,
specifically tailored
for your
buying and selling
needs.



Beth Shuman

508-397-0001

bshuman@HammondRE.com



Rose Barron

617-877-8041

rbarron@HammondRE.com

Let us offer you a complimentary home valuation today!

Hammond

826 Boylston Street • Chestnut Hill, MA

www.HammondRE.com



Home Senior Services
Elderly Care

SERVICES

- Experts in Alzheimer
- Dementia Care
- Medication Reminders
- Housekeeping
- Companionship
- Personal Care
- Transportation
- Meal Preparation



Our trained staff provides expert 24/7 quality care and companionship to our clients every day.

CALL US FOR A FREE EVALUATION

(617) 877-8519

info@homeseniorservicesboston.com
Homeseniorservicesboston.com



• BATHROOM & KITCHEN
REMODELING

• PLUMBING & HEATING
CONTRACTORS

617-527-0682

www.rpholmes.com

WE PARTICIPATE IN THE
SENIOR DISC. PROGRAM

LAW OFFICES OF TIMOTHY R. LOFF

WILLS • TRUSTS
PROBATE • MEDICAID

1087 Beacon Street

617-332-7021

information@loff.com

www.lofflaw.com



Are you beginning to face
the challenges that come with aging,
or caring for someone who is?



Let us help!



(617) 926-4100 www.springwell.com

307 Waverley Oaks Road, Suite 205, Waltham, MA 02452



Springwell is a trusted, local non-profit that has been helping older adults and their families for more than 40 years. Our services are available to families at all income levels.

We can help you:

- Conduct a thorough **assessment** of your situation.
- Provide resource information and help you to **access services**.
- Set-up and **manage in-home care**.
- **Connect you** to community lunch options or home-delivered meals, if needed.
- Provide support and resources to **caregivers**.

Whether you need us today, tomorrow, or next year, Springwell is a community resource that is here for you and your family.

Independent Living
Assisted Living
Memory Care

All we are

Short-Term Rehabilitation

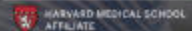
And More >

for your best life. Now more than ever.

AllWeAreForYou.org



Hebrew SeniorLife



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Newton Council on Aging, Newtonville, MA

06-5143



Newton Cemetery & Arboretum

Open to the public and serving greater Boston since 1855, Newton Cemetery & Arboretum is a private non-profit Cemetery that serves all faiths. Newton Cemetery is proud to offer a variety of traditional and cremation options.



Please call or email our office to schedule an appointment.
617.332.0047 • www.newcemcorp.org • ncc@newcemcorp.org
Established 1855 • 791 Walnut Street, Newton Center, MA 02459

TRAIN with SHAIN

IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention & Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



Teaching older adults to use today's technology.

We will teach you how to confidently use your technology. To find out more or to book your classes, call 617-340-9957 or visit us at www.OmaCommunications.com

Maximize Your Mobility

- Arthritis
- Balance & Gait
- Fall Prevention
- Vertigo
- Strengthening & Conditioning
- Cardiac Rehab
- Stroke
- Parkinson's

Outpatient Physical Therapy at HOME

ALL COVID GUIDELINES FOLLOWED

We accept Medicare and Medicare advantage plans
Call 617-588-2110 | info@maximizeyourmobility.com
www.maximizeyourmobility.com

JUNK REMOVAL INC

- Downsizing
- Full Service Junk Removal
- Estate Clean Outs



Senior Citizen Discounts

Lifetime MOVING CO

- Small Moves
- Packing & Storage
- We Organize your Move

Call Ken 508-633-8879

Call Joey 508-630-4292

SPRING FORWARD

ENJOY EXTRAORDINARY SENIOR LIVING

Now is the perfect time to think about a fresh start in a premier Waterstone community. At Waterstone, residents have everything they need to live well - stunning apartments, gourmet dining, unrivaled amenities, 24-hour security, and an active lifestyle filled with exciting, carefree moments just waiting to unfold.

SPRING INTO ACTION.

Schedule your personal visit today.

BOSTON

Kathleen: 617.829.9220
WaterstoneCircle.com

WELLESLEY

Helena: 781.304.8165
WaterstoneWellesley.com

MASS RELAY 711



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

Non-Profit Org
U.S. Postage
PAID
Boston, MA
Permit #52475

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

Email: first_initial_last_name@newtonma.gov

Jayne Colino, Director, 1671

Lucy Bedigian, Lunch Site Manager, 1668

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Elizabeth Lund, Outreach & Engagement
Coordinator, 1665

Donald Sampson, Custodian, 1660

Ilana Seidmann, Program Coordinator, 1670

Norine Silton, Executive Administrator, 1664

Fred Weissman, Administrative Assistant, 1675

Council on Aging Members

Donna Murphy, Chair

Naomi Krasner, Vice Chair

Elizabeth Dugan

Jo-Edith Heffron

Norman Meltz

Julie Norstrand

Sue Rasala

Laura Shaw

Advisory Board

Sandra Davidow

Mary Glendon

Adele Hoffman

Tyrone Hooks

Ena Lorant

Maria Meyer

John Pelletier

Joyce Picard

Eric Rosenbaum

Lisa Samelson

Nancy Scammon

Susan Schlesinger

Allison Sharma

Tom Shoemaker

Gordon Szerlip

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.