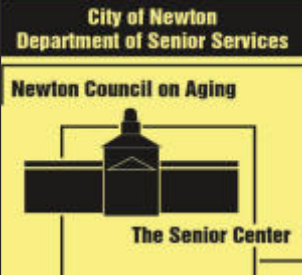


COMING

OF

Age...

Published Bi-Monthly
Issue #4 Volume XIV



Your Center for Connection

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

Published Bi-Monthly

July/August 2021

A Letter from Director Jayne Colino

As I wrote my last article for the front page of our May/June newsletter, we had no real indication when the remaining Covid restrictions would be lifted. Lo and behold, the Governor lifted those restrictions days after our newsletter landed in your mailboxes. We are very excited to share that the Newton Senior Center has resumed in-person programs! We have a tent that has been set up in our courtyard, and we are excited to see you in-person once again. We are offering a "hybrid" program schedule; some programs will be offered on Zoom, and some programs will be offered in-person. We will move programming outside to our tent, on a space-available basis, in the case of beautiful weather! We are making plans to fully open our doors on Monday, July 19th.



Although we will not be immediately reinstating all of the previously offered programs, please note that we are adding new programs every week, so check our e-newsletter for updates! You can sign up for the e-newsletter at newtonma.gov/government/seniors. OR, you can call our Program Information Hotline at 617-796-1666 to hear the details about upcoming programs.

I also want to share a few changes and new things to expect. Lunch will begin again on Monday, July 19th. People will have the option to dine indoors in our dining room or come grab a meal and eat it outdoors here or take it home to heat up later. Remember to call 617-796-1668 before 11 a.m. two days **BEFORE**, to reserve your lunch. If you ever visited us before the pandemic, you were aware our building felt too small, and it seemed to get smaller and smaller, every day. In order to make "more space," we have rearranged some furniture to give us all more room to be together. You will find staff offices have also moved around. Stop at the receptionist and ask where to find the staff person you are looking for.

When you call the Center, an automated answering system with a directory will direct you to the specific person, service, or program you are looking for. Please note that all direct staff phone lines are listed on the back page of this newsletter. Thank you for your patience, as we reopen. We are so excited to see all of you again and to be together. It has been too long!

Newton Senior Center Programs

We have many programs scheduled for the summer, and they will be publicized in our e-newsletter. If you want to receive the e-newsletter every Friday, please email: iseidmann@newtonma.gov

If you don't have email, please call our Programs Information Line (617-796-1666) where you can listen to a recorded listing of our weekly activities.

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) expired on June 30, 2021. However, please note that the Police Department has recently informed us that you will have a grace period through December 31, 2021 to purchase your new sticker.

- 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. 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.

Commercial vehicles do not qualify for a sticker.

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 call us at (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, September 6th
(Labor Day Observance). NewMo will not run on this holiday, and lunch delivery, grocery shopping, and prescription pick-ups will not be available on this day.

NewMo

NewMo – Newton in Motion – is our transportation service for residents age 60 and older, provided by Via under a contract with the Department of Senior Services. Riders can request trips anywhere in Newton – to the Senior Center, fitness classes, medical appointments, grocery shopping, etc. NewMo takes riders to certain medical facilities outside of Newton, as well. NewMo is an on-demand, shared-ride 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, NewMo helped keep seniors safe by transporting only one rider – or a rider and an aide – at a time. Now that Governor Baker has lifted most COVID-19 restrictions and 95+ percent of Newton seniors have been vaccinated, NewMo has resumed shared rides. For more info or to sign up, call Elizabeth Lund at 617-796-1665. Most new riders pay \$5 a ride. **You must wear a mask while riding with NewMo.**

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 16th & August 20th) 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.

Home-Delivered Meals through Springwell

Springwell provides home-delivered meals to eligible seniors. To see if you qualify, please call Springwell at 617-926-4100. Stay tuned for lunch changes at the Senior Center.

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. If you have equipment that you no longer need, please call us at 617 796-1673 and leave a message, and we will call you back. Please note that all donations will be by appointment only by calling the number above.

Notes

SHINE (Serving Health Insurance Needs of Everyone): Medicare's Free Preventive Services

Have you been putting off getting some routine screenings or other services? Don't forget that Medicare covers many preventive services at no cost to you. Talk with your doctor to find out what tests or other services you may need. You may also get this information by going to medicare.gov and logging in to your Medicare account or create an account, if you don't have one already.

The COVID-19 vaccine, flu shots, and screenings for cancer, diabetes, depression, obesity, and cardiovascular disease are some of the free services you may be able to receive. For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-243-4636.

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 617-796-1660.



Thank You to Our Sponsors for Supporting our April and May Virtual Programming!

Wingate Residences at Boylston Place, for sponsoring Great Ladies of Song, Part 1, with John Clark AND Local Hikes through History with Alison O' Leary AND Song Secrets of 1958/History of Recorded Sound, with Frank King AND The Many Moms of Musical Theatre with Michael Goodwin

Wingate Residences at Chestnut Hill, for sponsoring Iceland in Winter: A Journey Around the Country's Ring Road, with Barry Pell AND Mindfulness & Aging Series with Neil Motenko AND Virtual Tour of the Boch Center/Wang Theatre

Hebrew SeniorLife, for sponsoring "Newton: Now and Then" with Historic Newton AND Great Ladies of Song, Part 2, with John Clark

Home Instead Senior Care, for sponsoring Backyard Wildlife with Joy Marzlof

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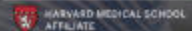
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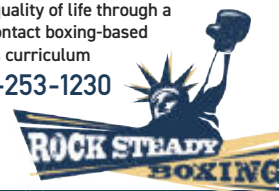
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Mission

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.