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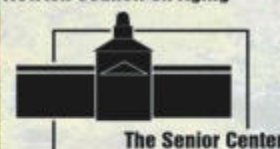
Age...

Published Bi-Monthly
Issue #5 Volume XIIV

Your Center for Connection

City of Newton
Department of Senior Services

Newton Council on Aging



The Senior Center

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

Published Bi-Monthly

September/October 2021

Become a Friendly Visitor

Throughout the pandemic, millions of people have reported feeling isolated and alone. Many Newton seniors have felt that way too.



The Newton Senior Center, in partnership with Friendship Works, can help alleviate isolation through the Friendly Visitor Program, which matches volunteers with seniors.

Volunteers provide a visit or a phone call once a week. Visits may include in-person visits, socially distanced walks, outdoor conversations, or even a conversation over coffee. There's no pressure for people to meet in person.

"The need for volunteers is very great right now," says Julie Joy, Volunteer Coordinator at the Senior Center. "People need community and connection. That's a vital human need."

As various studies have demonstrated, isolation raises stress, impedes sleep, and can augment depression or anxiety. Loneliness is also associated with a 40 percent increased risk of dementia.

The CDC's website underscores the problem, noting that isolation increases "a person's risk of premature death from all causes, a risk that may rival those of smoking."

If you'd like to become a Friendly Visitor volunteer, contact Julie Joy at 617-796-1674 or jjoy@newtonma.gov. You may be amazed at the difference you can make in someone's life, and in your own.

Food Program Continues

The Newton Senior Center has been able to provide food assistance throughout the pandemic for those who are unable to leave their homes. We will continue to offer grocery shopping and home delivery for residents. Please contact Eliza Dodge, our Food and Essential Items Coordinator, at 617-796-1669 or shopping@newtonma.gov for more information.

Walk to End Alzheimer's

Last year, there wasn't a Walk to End Alzheimer's in Boston, so we enjoyed our own walk, here in Newton. The event was so successful that we decided to hold it again, this September.

Our walk will take place on September 19 — one week before the Boston event. We will gather at 10 a.m. in the Senior Center parking lot and walk to City Hall and back. To join us or donate to Team Newton Senior Center, go to:



<http://act.alz.org/goto/NewtonSeniorCenter>

For more info or for help registering, please reach out to Case Manager Emily Kuhl (Team Captain), 617-796-1672 or ekuhl@newtonma.gov. If you are already registered to walk with another team, you are still welcome to meet us at the Newton Senior Center!

Newton Senior Center Programs

We have many programs scheduled for the fall, 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. You can also pick up a copy of the weekly activities list in our vestibule.

Notices

Renew Your Parking Sticker

The Department of Senior Services offers Newton residents age 65 or older free parking in the City's *municipal parking lots*, with some restrictions. **The new Senior Parking Sticker "red" is available for purchase and is good until June 30, 2023.** (The expiration date of the "blue" stickers has been *extended by the Police Department through December 31, 2021.*) Processing of a renewal or a new Senior Parking Sticker will be accepted by **mail-in to or drop-off of packets at the Senior Center only.** Even though the Senior Center is open to the public, we are not issuing stickers in person while you wait.

Senior Parking Sticker packets MUST include:

- 1.) Legible copy of your MA driver's license showing age 65 or above AND showing you are a Newton resident. If your address has changed, please copy the back of your license that shows your current address.
- 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. All documentation sent will be shredded, unless you request that it be returned with your 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 a 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 (*unless you are dropping off and picking up*).
- 5.) Mail to or drop off at the Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. ***Please add Attention: Parking Stickers on your packet or envelope.***

More info about the Senior Parking Sticker program can be found at **www.newtonseniors.org**. Questions? You can reach us 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 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, October 11th** (Indigenous Peoples' 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 also goes to certain medical facilities outside of Newton.

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, or you request a ride using the NewMo app. The service runs from 8 a.m. to 5 p.m. on weekdays and 9 a.m. to noon on Saturday and Sunday. Most new riders pay \$5 a ride, but those who receive SNAP, MassHealth, or Fuel Assistance can receive a discounted rate. To sign up, or to make an appointment with someone who can help you download the NewMo app and learn to use it, call Elizabeth Lund at 617-796-1665.

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: September 17th & October 15th) 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 Senior Center, 345 Walnut St., from 1-2 p.m. Please call Emily Kuhl at 617-796-1672 to sign up or if you have difficulty coming to the Center.

Community Dining is Back!

Lunch is available from 11:30 a.m. to 12:30 p.m. For Dine-in, a hot meal will be served. For Grab 'N Go, a chilled meal will be provided. To register or to reserve a meal, please call 617-796-1668 or speak with site staff, Diane, by 11 a.m. two business days before (48 hours in advance). **Due to Springwell's new ordering system, we may not be able to accommodate walk-ins for lunch. Please reserve in advance!**

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

Medicare Open Enrollment is October 15th-December 7th

Medicare plans change every year!

This is the time to decide on your coverage for 2022.

SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options.

Call the Newton Senior Center for a SHINE appointment between October 15 and December 7!

REMINDER: At your appointment, please have your Medicare card, other insurance cards, your drug list, and your Medicare account username and password. If you don't have an account, you can go to **medicare.gov** to create one.

For SHINE related matters (other than an appointment), call the MetroWest SHINE regional office at **781-453-8076**. Once you get the SHINE answering machine, leave your name, town, and phone number. A volunteer will return your call within 2 days.

Pay for Classes Online!

You can pay for your fitness and art classes (and other services) online — right from home! Just go to **newtonseniors.org** and click on the payment button. This can be done 24/7! Questions about payment? Call Norine at 617-796-1664 or Ilana at 617-796-1670.

Thank You to Our Sponsors for Supporting our June and July Programming!

Benchmark Evans Park at Newton Corner, for sponsoring “Gorgeous Gardens of New England” with Joanne Pearson AND “Memory Café: Women Comedians who Led the Way: Lucille Ball,” with Debi Block

The Newton Cultural Council, for sponsoring “History of Women in Country Music 1920-1960,” with the David Polatin Duo AND “Beatles and Beyond,” with 4Ever Fab

SALMON Health & Retirement, for sponsoring “Beautiful Butterflies of New England,” with Joy Marzlof

Wingate Residences at Chestnut Hill, for sponsoring the “Mindfulness and Aging Series,” with Neil Motenko

Avenu at Natick, for sponsoring “Music of Abolition through Civil Rights,” with John Clark AND “Let's Travel with Music,” with the Arons Family

E-Volv Senior Connections, for sponsoring “A Year in Chile,” with Barry Pell

Hebrew SeniorLife, for sponsoring “Rhythm and Blues Part 2” program with John Clark

Wingate Residences at Boylston Place, for sponsoring “From France with Love,” with Frank King

Right at Home— Boston MetroWest, for sponsoring our Memory Café with Sue Kranz



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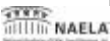
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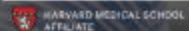
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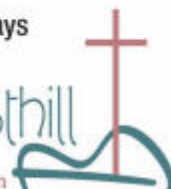
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Mission

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.