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Your Center for Connection

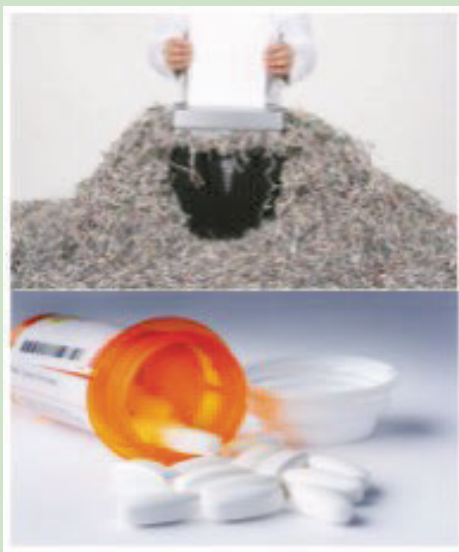
Published Bi-Monthly
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Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

Published Bi-Monthly

March/April 2022



Community Document-Shredding & Drug Take-Back Day

Saturday, April 16th, 2022
(rain or shine)

8:00 a.m. to 12:00 p.m. by
appointment – see below

*Newton Resource Recovery Center,
115 Rumford Avenue, Auburndale, MA*

Open to all Newton residents. Shredding service is for RESIDENTIAL materials only (no business materials). Staples may be left in documents. Limited to 4 document boxes OR 8 paper bags per household.

Bring your expired or unused prescription medications to be properly disposed of. **Note: vitamins and over-the-counter medication are safe to go in the trash.**

This secure event will be overseen by the Newton Police Department and is drive-through service only: Residents are required to remain in their cars during collection, for everyone's safety. Due to traffic flow, participants will not be permitted to watch their items being shredded.

Advance sign-up required. Space is limited. Call Newton City Hall at 617-796-1000 to make an appointment. There is no cost to participate. However, donations to the Newton Senior Center are appreciated. Mail a \$10+ donation to the Newton Senior Center or donate by credit card at newtonseniors.org; please click on the "Pay Online" button. Or, bring cash or a check to the event and it will be gratefully accepted.

NewCAL

The Newton Center for Active Living (NewCAL) is the name given to the project to address the facility needs of seniors in Newton.

The next NewCAL Community Meeting is scheduled on Thursday, April 21st at 6:30 p.m. on Zoom. Please email newcal@newtonma.gov to stay apprised of updates to the project.

The logo features the words "WEATHER" and "POLICY" in bold, blue, sans-serif capital letters. "WEATHER" is on the top line and "POLICY" is on the bottom line, both set against a white background with a blue border.

Please call our Program Information Line (617-796-1666) after 7:30 a.m. if it is snowing or icy. The pre-recorded message will indicate if we are closed due to weather.

You can also check our website at newtonseniors.org after 7:30 am.

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Notices

Have you been wanting to jump into the world of virtual programs?

If you are someone who has really wanted to join that virtual Zumba class or Zoom concert or remote art class, but don't have a computer or tablet, you will want to sign up to borrow a tablet from the Senior Center.

Newton Senior Center was awarded a grant from the Massachusetts Association of Councils on Aging (MCOA) to purchase tablets for Newton and 6 other surrounding communities. The tablets are available to borrow on a short-term basis (3-6 months, depending on customer requests), to give people the opportunity to explore this ever-growing digital world. The grant provided the funding for the tablets and a data plan that does not require you to have internet or access to Wi-Fi, already. These things come "built in."

Each tablet is prepopulated with access to all 7 towns' Senior Center websites and links to programs, the Newton Free Library, and popular apps to explore: Zoom, Facebook, Google, email, brain games, and more. Still a little hesitant because you haven't touched a tablet before and wouldn't know where to begin? The tablet comes with a user guide, and we have recruited volunteer Tech Coaches to work one-on-one with those who want this. Still not sure? We have heard from hundreds of people who have accessed our virtual programs, not only how wonderful they are, but how important the programs were, during the pandemic. Participants felt more connected, less isolated, and they had fun! Call Ilana Seidmann at 617-796-1670 to get put on the waiting list to borrow a tablet.

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, April 18th
(Patriot's Day)

NewMo will not run on this holidays, and lunch, grocery shopping, and prescription pick-ups will not be available on this day.

General Tips & Strategies for Low-Income/ Subsidized Housing

- When you apply for subsidized units, you are generally added to a housing wait list. Wait lists can be very long; the sooner you put your name in, the better. When a unit opens, the housing entity makes multiple contacts to those on the wait list. If you are called, be ready to move in.
 - **If you move or change your phone number, be sure to update every wait list!**
 - Fill out applications completely. Keep copies of the applications and supporting documents.
 - **When you turn in an application in person, get a receipt. Keep all receipts and housing documents in a file together.**
 - Housing Authorities give priority to town residents; other priorities may include disabilities, homelessness, and age (over 62 for senior housing).
 - Make sure to include preferences or priorities (eviction, homeless, displaced due to fire, veteran, domestic violence, etc). If you qualify for a preference or priority, you will move up the wait list.
- Apply to multiple housing sites and housing authorities. CHAMP (Common Housing Application for Massachusetts Programs) is the state housing application and can be filled out online or provided by your nearest housing authority. <https://publichousingapplication.ocd.state.ma.us/> This site does not include federal housing or other non-profit housing, which is why it's important to fill out many applications!

There is a new website to help find affordable low-income and subsidized housing. It will tell you whether or not there is an opening, a waitlist, or a lottery. This tool allows renters - as well as service providers and caregivers working with them - to better understand housing choices.

The Housing Navigator

<https://www.housingnavigatorma.org/>

For assistance learning about housing resources and in filling out applications, you can call Case Manager Emily Kuhl at 617-796-1672 or Social Work Intern Kathryn DeSimone at 617-796-1663. We are not able to provide immediate housing, but we can direct you to helpful resources.

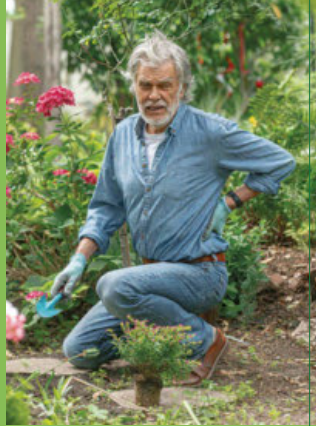
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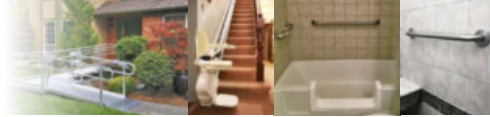
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Newton Senior Center Programs



Our upcoming programs are publicized in our weekly e-newsletter. ***We highly recommend you sign up for it!*** 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, open 24/7.

Here are some of the activities we are currently offering. The dates/times are subject to change. Before you come for the first time, please call the Newton Senior Center to confirm the date and time.

Educational Events

Music history, travel, cooking, and nature lectures

These are usually held at 1:30 or 2 p.m.

Performances

In-person concerts, theatre performances, Memory Cafes with guest artists

These are usually held at 1 p.m. or 2 p.m.

Workshops (with a fee)

Mah Jongg, Watercolor

Painting (Tuesdays at 10 a.m.). **Acrylic Painting** (Wednesdays at 10 a.m.), **Ceramics** (Thursdays at 9:30 a.m. and 2 p.m.), and **Mosaics** (Fridays at 10 a.m.)

Affinity Groups:

Men's Club (Fourth Thursday of the month at 9:30 a.m.) and **Newton LGBTQ**

Elder Café (now on Zoom, times TBD)

Music

Chamber Ensemble (Wednesdays at 9:30 a.m.), **Swing Band** (Tuesdays at 1:30 p.m.), and **Folk Sing-Alongs** (monthly, at 3:00 p.m. on Zoom)

Drop-In Programs

Sketching/Drawing Studio (Mondays at 9:00 a.m.)
Mah Jongg Open Play (Mondays and Thursdays at 1p.m.), **Billiards Open Play** (Mondays, Wednesdays, and Fridays at 9 a.m.)

In-Person Fitness Classes:

Muscle, Movement, & Balance (Tuesdays and Thursdays at 10:30 a.m.), **Seated Strength & Balance** (Wednesdays at noon), **Beginner Tai Chi at the Hyde Community Center** (Fridays at 11a.m.), **Advanced Tai Chi** (Mondays at 11a.m. and Fridays at 9:30 a.m.)

Virtual Fitness & Wellness Classes:

Zumba Gold (Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays at 11a.m.) **Seated Strength & Balance** (Mondays at noon and Wednesdays at noon), **Yoga** (Thursdays at 1p.m.), **Mindful Meditation** (Thursdays at 9 a.m.), and **Muscle, Movement, & Balance** (Tuesdays and Thursdays at 10:30a.m.)

Support Groups:

Parkinson's Support on Zoom and In-Person (Last Monday of the month at 10:30 a.m.), **Caregiver Zoom and In-Person** (Third Tuesday of the month at 2:30 p.m. on Zoom and First Tuesday of the month at 2:30 p.m. in-person), **Bereavement Support In-person and Zoom** (Third Thursday of the month at 10:30 a.m.), **Clutter Support on Zoom** (Second Friday of the month at 2 p.m.)

Helpful Services:

MetroWest Legal Clinic on Telephone and Zoom (Third Thursday of the month, 10:00 a.m.-1:00 p.m.) and **Community Shredding Day** at Rumford Avenue Recycling Depot (Twice per year, fall and spring)

You are also welcome to do a puzzle, read the Globe or a magazine, utilize our computers, and have some coffee! Please join us!

Pay for Classes Online!



You can pay for your classes and other services online- right from home! Just go to newtonseniors.org and click on the payment button. E-checks (no fee) and credit cards (3% fee) are both accepted. This can be done 24/7! Questions about payment? Call Norine at 617-796-1664 or Ilana at 617-796-1670. You can still mail us a check, payable to: Newton Senior Center. Please mail to: Newton Senior Center, Attn: [Name of Program], 345 Walnut Street, Newtonville, MA 02460. Please write your telephone number on the check in case we need to reach you.

Newton Parks, Recreation, & Culture 55+ Programs

March/April Programs

Day Trips are back! (Please check the website or call 617-796-1506 for updates) Three Week Mandala Art Workshop (Fridays at 1-2 p.m.)

In-Person Fitness/Recreation

Aquatic Exercises (Tuesdays & Thursdays at 9-10 a.m.), **Line Dancing** (Thursdays at 1-3 p.m.), **Functional Fitness** (Tuesdays at 10-11 and Thursdays at 9-10 a.m.), **Strength Building** (Tuesdays at 9-10 a.m.), **Art Group** (Wednesdays at 1-3 p.m.), **Ballet Fitness** (Thursdays at 12-1p.m.) **Basketball** (Saturdays at 8:30-10:30 a.m.)
Walking Groups (Mon- Fri at 8:00 a.m. and Wednesdays at 10:00 a.m.)

Zoom Fitness/Recreation

Pilates (Tuesdays at 5-6 p.m.), **Seasonal Self Care** (Mondays at 10-11a.m.), **Yoga** (Fridays at 9-10 a.m.), **Relax and Restore Program** (Saturdays at 9-10 a.m.), **Eccentrics** (Thursdays at 4:30-5:30 p.m.) **Bingo** (Mondays at 10-11 a.m.)

A Message from the MA Dep't of Telecommunications & Cable

New Year, New Network: Goodbye to 3G, Hello to 5G

Ring in a new year often means committing to future change, and many wireless carriers plan to update how you receive services in 2022 by phasing out 3G networks. Carriers are implementing this update to open bandwidth for faster and more reliable 5G service. As a result, 3G phones, and even some older 4G phones, will no longer be able to make or receive calls—even emergency calls to 911. The shutdown will also impact other devices that rely on 3G, including medical devices and medical alert systems, vehicle SOS services, monitored fire alarms, home security systems, and products that use cellular connection as a backup.

Below are the shutdown dates that have been announced by the three major wireless facilities-based providers: **AT&T** will finish shutting down its 3G network by February of 2022. **T-Mobile** will shut down Sprint's 3G CMDA network by March 31, 2022. **T-Mobile** will shut down Sprint's 4G LTE network by June 30, 2022. **T-Mobile** will shut down its 3G UMTS network by July 1, 2022. **Verizon** will shut down its 3G network by December 31, 2022. You may still be affected even if your carrier is not listed above. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers utilize the services of these networks. It is also important to note that the above dates are for completing the shutdown, but carriers may begin retiring parts of their networks sooner, which means your service may be impacted before this date.

If your mobile phone is older than an iPhone 6 or Samsung Galaxy S4, it will likely require an upgrade. Be on the lookout for text messages, bill messages, or direct mailings from your provider, and even in some instances, re-routed calls to customer service, regarding any potential impact to your service or need to upgrade your device. Thankfully, many carriers are offering discounted devices for customers affected by the shutdown. Contact your mobile provider to see what options are available to you.

The Federal Communications Commission (FCC) is educating consumers about the impacts of the shutdown of 3G service and has options to help eligible consumers stay connected to communications services:

The FCC's Lifeline program assists qualifying low-income consumers in getting connected to communications services by providing a monthly discount on a qualifying telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers

The FCC's new Affordable Connectivity Program provides a discount of up to \$30 per month towards broadband service for eligible households. The program also provides a one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50). If you are having a difficult time working with your wireless provider to determine if your device is impacted or what replacement options may be available, The Massachusetts Department of Telecommunications and Cable Consumer Hotline can be reached by calling 1-800-392-6066 Monday to Friday from 9am to 5pm.

Thank You's

Thank you for your Contribution to the Newton Senior Center

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Bernyce Hayes

In Thanks for the AARP Tax Preparation Program:
Judith Horgan

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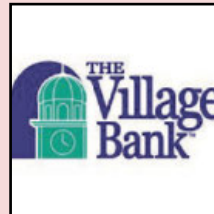
The Village Bank— for sponsoring our Faroe Islands: Rugged Nature in the North Atlantic program with Barry Pell

Hebrew SeniorLife— for sponsoring our 2022 Introduction to Mindfulness series with Neil Motenko

Scandinavian Living Center— for sponsoring our Holiday Music of the 1940s program with John Clark

Newton Senior Center participants who donated to Shredding Day— for sponsoring our Memory Cafe with Afro-Latin drummer Cornell Coley and our Billy Crystal: Not Just a Comedian program with Debi Block

Right at Home— Boston MetroWest and Sunrise Senior Living of Newton— for sponsoring our Holiday Concert with the String Swing Jazz Trio



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Newton Senior Center Programs

Tech Tutoring



The Newton Senior Center has volunteer “tech tutors” who can assist seniors on an appointment-only basis. The appointments are arranged mutually between the Tech Tutor and the student. These appointments are geared towards beginner tech users, and volunteer tech tutors provide introductory -level assistance and training. They are not professional computer technicians. They are also not “emergency” tech help. If you’re having a specific/complex problem with your device, please contact your device manufacturer or a private tech help company (we can refer you to those through our contractor referral program). Appointments are held in person at the Newton Senior Center during our operating hours. Please meet your tutor initially in the Reception area and then walk to your appointment location from there. Tech tutors can meet one to six times with the same student and can help you with the following: iPhone, Android, iPad, Tablet, PC, Computer (Mac), Zoom, and Jitterbug. They cannot assist with any devices that cannot be brought to the Senior Center. Please call or email Ilana at iseidmann@newtonma.gov or 617-796-1670 with your name, telephone number, what kind of technology you have, and a little bit about the issue or what you need help with.

NewMo

NewMo – Newton in Motion – is an on-demand shared-ride service that takes both commuters and seniors anywhere they want to go in Newton. Seniors can also go to some medical facilities outside of Newton. **Seniors can pre-schedule all rides to medical appointments by calling the call center by 5 p.m. the day before their appointment.** (Pre-scheduled requests can be made up to five days ahead of time.) Make sure you tell the agent what time you want to *arrive* at your appointment, not what time you want to be picked up at your home. The number for the call center is 617-655-8019.

For non-medical appointments or other destinations, such as a grocery store or the Senior Center, riders should request a ride on the day they want to travel. NewMo Senior Service operates from 8:00 a.m. to 5:00 p.m. Monday through Friday and from 9:00 a.m. to 12 noon on Saturday and Sunday. 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.

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. Call-backs are made on Tuesday and Friday mornings, unless we are closed or it is a holiday. Please note that all donations are by appointment only, by calling the number above.

Fuel Assistance 2021-2022

ELIGIBILITY GUIDELINES: 2021-2022 FUEL ASSISTANCE	
HOUSEHOLD SIZE	TOTAL GROSS YEARLY INCOME
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951
7	\$106,314
8	\$108,676
Over 8	See ABCD Fuel Assistance staff

Action for Boston Community Development (ABCD) provides fuel assistance to low-income households in Newton. ABCD accepts applications between November and March. **ABCD has intake sites at Newton City Hall and the Newton Senior Center.** For seniors 60 years and over, you can make an appointment at the Senior Center with Emily Kuhl or Kathryn DeSimone. Please call 617-796-1672 for a Fuel Assistance appointment. Please bring the following documentation for *everyone* in your household: proof of income, social security number, if you have one, identification (Social Security Card, birth certificate, copy of driver’s license or state-issued ID), current copy of lease, or rent receipt, or mortgage statement, and current primary heating bill (oil, gas, or electric). Due to COVID, we may do most of the appointment over the phone but will still need to meet to collect documentation and signatures. Please wear a face covering for appointments; if you need one, we can provide one.

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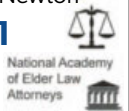
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06-5143

A Message from the SHINE Program

Medicare and OTC COVID-19 Tests

Earlier this year it was announced that, starting in early Spring, Medicare beneficiaries will be able to access up to 8 over-the-counter COVID-19 tests per month for free. Tests will be available through eligible pharmacies and other participating entities. All Medicare beneficiaries with Part B are eligible for this new benefit, whether enrolled in a Medicare Advantage plan or not. More details will be available when this initiative launches in the early Spring. For more information, check Medicare.gov or speak to a SHINE counselor.

In the meantime, anyone can order up to 4 free home tests per household through covidtests.gov. Beneficiaries who are in a Medicare Advantage plan can check if their plan offers any coverage for home tests (separately from the initiative launching in early Spring).

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 617-796-1662. 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.

Meet Maura - The Newton Free Library's Accessibility Librarian!



"When getting to the Library is not possible, Newton Free Library can come to YOU!"

Maura Copeland, our Accessibility Librarian, has coordinated our Home Delivery service for over 10 years. This free service provides delivery to Newton residents who are unable to visit the Library due to disability or illness. Once signed up, you can request items and they will be delivered to you on a Friday by one of our volunteers. Not sure what to read? Our librarians will select books for you based on your interests!

Maura loves making sure everyone can continue to enjoy the Library; she also oversees our Large Print collection. When not at the Library she enjoys hikes with her two school-age sons, watching Netflix, and reading a variety of good books. We also offer curbside pickup appointments for items listed as "ready for pickup" on your library account!

You can reach Maura by calling 617-796-1360.

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 current "red" Senior Parking Sticker is available for purchase and is good until June 30, 2023.** Processing of a renewal or a new Senior Parking Sticker will be accepted by mail-in or drop-off of packets to the Senior Center, or you can call us at

617-796-1675 to check our in-person hours each week.

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) 796-1675.



Newton Cemetery & Arboretum

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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 9:00 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671

Lunch Site Manager, 1668

Eliza Dodge, Food and Essential Items
Coordinator, 1669

Julie Joy, Volunteer Coordinator, 1674

Emily Kuhl, Case Manager, 1672

Elizabeth Lund, Outreach & Engagement
Coordinator, 1665

Ilana Seidmann, Program Coordinator, 1670

Norine Siltan, Executive Administrator, 1664

Liz O'Connell and Nancy Gagnon, Administrative
Assistants, 1675

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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.