



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660

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The Newton Senior Center is participating in the Walk to End Alzheimer's once again in Newtonville!



Wear purple and join us at the Newton Senior Center parking lot at 10:00 am on September 25th as we walk to city hall and back on Walnut Street. To join us or donate to Team Newton Senior Center you can go to this link: <http://act.alz.org/goto/NewtonSeniorCenterWalk>

Please reach out to Emily Kuhl, our Case Manager and the team's Captain, at ekuhl@newtonma.org or 617-796-1672 for help registering or to make a donation. If you are already registered to walk with another team, you are still welcome to meet us at the Newton Senior Center!

Social Services at the Newton Senior Center

Did you know that the Newton Senior Center provides Case Management and Social Service assistance as part of our program offerings? Emily Kuhl is the social worker at the Newton Senior Center. Her role is to provide resource information and case management on topics ranging from housing, food access, and home care to financial assistance.

The role of social work within municipalities is to provide information that empowers residents to make the best, well-informed choices for their life as they age. Massachusetts ranks as the 3rd best state in the country in supporting older adults. Thanks to this, the Senior Center can offer a variety of social service options to help improve the quality of life as one ages or supports aging family and friends. Complexities surrounding the pandemic have only increased the need for this essential resource information and support. The Social Service team at the Senior Center welcomes you with open arms as you seek to understand elder care systems that are available to support you.

Emily is available by telephone or in-person appointment to offer resource information and to provide referrals for senior-specific agencies and programs. Please contact her at:

Emily Kuhl, Case Manager
617-796-1672
ekuhl@newtonma.gov

Notices

Join Springwell and your neighbors for lunch at the Senior Center!

Springwell offers all local adults aged 60+ a healthy in-person or grab-and-go lunch (please bring your own bag) Monday-Friday from 11:30 a.m.-12:30 p.m. at the Newton Senior Center. The lunch menu can be picked up at the Newton Senior Center's Café area or at <https://springwell.com/menus/newton.pdf>

Please call 617-796-1668 *two business days in advance* to reserve your meal. Leave a message stating your name, what day you would like to attend, and whether you would like an in-person or grab-and-go meal. The meal is free to all; however, an optional donation of \$2 to Springwell, a local non-profit, is suggested and appreciated.

Tour the Newton Senior Center

New in town, or haven't seen us in a while? The Newton Senior Center is now offering scheduled tours on Tuesday mornings and Friday afternoons. Please call 617-796-1675 to schedule your visit. We'd love to see you!

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, September 5th
(Labor Day)

NewMo will **not** run on this holiday, and lunch will not be available on this day.

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

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

The 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 the 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 about not only how wonderful they are, but how important the programs were, during the pandemic. Participants felt more connected and less isolated, and they had fun!

Call Ilana Seidmann at 617-796-1670 to be added to the wait list to borrow a tablet.

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. If you need large print, let us know!

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
 - Performances
 - Art workshops
 - Affinity groups
 - Music
- Drop-in programs and games
 - In-person fitness classes
- Virtual fitness & wellness classes
 - Support groups
- Legal clinics and health maintenance clinics

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

Other Updates

English Language Tutoring

Interested in volunteering to help someone learn English? Join the Newton Free Library's award-winning English Language Learning and Literacy program! No teaching or foreign language experience is required.

An hour a week (online or in person) can have a profound impact on the life of an English learner. As one student wrote, "Many things are very easy for a person born in this country but can be unimaginably difficult for someone whose first language is not English. Thank you for having such good teachers voluntarily teaching. Their selfless dedication helps us in our life."

For more information, please contact Andrew Shapira, Program Coordinator, at 617-796-1364 or newtonell@minlib.net or visit newtonfreelibrary.net/ell.

A Message from the Massachusetts Executive Office of Elder Affairs

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole."

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

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% convenience 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.

Programs

Parks and Recreation 55+ Department Summer programs in July/August

July 13th Day Trip- Foster's Clam Bake in Maine. Cost- \$80.00

August 17th- Charles River Sight Seeing Cruise – Cost \$45.00

August 24th Day Trip- Indian Princess Cruise with Luncheon. Cost \$99.00

June 28th– Special Event “Drums Alive” This fun morning is a combination of drums, music, and exercise. This program is free, but registration is required. Seats limited. Time 10:30- 11:30 a.m. Place TBA. **Cribbage Group**-

Mondays and Thursday 10 a.m. – noon. Free lessons available.

New Word Game Group- Tuesdays on Zoom at 4:00 p.m.

Outdoor Recreation

Golf League Tuesdays at 9:00 a.m. at Commonwealth Golf Course

Bocce 2:00- 4:00 p.m. at Cabot Park.

Tennis 9:30- 11:30 a.m. at Cabot Park

Outdoor Pickleball at McGrath Courts, 1600 Washington Street.

Monday and Wednesday evenings 5:30- 7:30 p.m. and Tuesday, Thursday, and Saturday mornings 9:30- 11a.m.

In-Person Fitness/Recreation

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.), **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.), **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.)

Tia Chi (Fridays 9-10 a.m.)

Call Nancy at Parks and Rec to register: 617-796-1506

Poll Workers Wanted!

The City of Newton is looking for individuals who are:

-enthusiastic and energetic

-passionate about civic involvement

-registered to vote in Massachusetts

-receive a daily stipend

-available to work on: Early Voting at City Hall (Aug 27-Sept 2), State Primary (Sept 6), Early Voting at City Hall (Oct 22-Nov 4), and State Election (Nov 8)

If you are interested, please contact Jennifer Heredia at 617-796-1205 (Mon-Fri 9-5) or email anytime at jheredia@newtonma.gov

Thank You's

Thank you for your Contribution to the Newton Senior Center

Sandra Berger *in memory of Stanley Berger*

Deborah Bern *in appreciation for NewMo help*

Yun-Ying Fang *in thanks for books*

Judith Orson Borosc hek *in appreciation for Shredding Day*

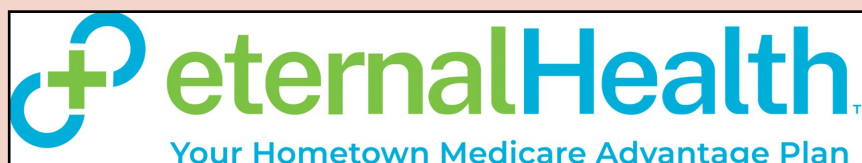
Gertrude Lanman, Jr. *in thanks to the volunteers and staff*

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

The Village Bank— for sponsoring our *Doris Day: Her Life and Music* program with Frank King, our *A Musical Journey Through the Years* concert with Tommy Rull, our *Art in Bloom* program with the Museum of Fine Arts, our *Rodgers & Hammerstein* concert with Michael Goodwin, and for co-sponsoring our *Dance Caliente Interactive Performance* led by Dance Caliente, and our *Moving to Music Memory Café* program with Donna Newman-Bluestein.

eternalHealth – for sponsoring our *Chocolates Around the World* program with “The Cocoa Lady,” and our *Magic Show and Ice Cream Social* with magician Jack Ryan.

The Newton Cultural Council – for co-sponsoring our *Dance Caliente interactive Performance* led by Dance Caliente, our “*Bon Appetite, Julia!*” performance with the Delvena Theatre Company, our *Micro-Adventures in Massachusetts* program with Alison O’Leary, and our *Swinging Sixties: Women Singers Find Their Voices* performance with the Retro Polatin Duo.



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 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 email Ilana at iseidmann@newtonma.gov or call 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 certain medical facilities outside of Newton. A full list of those facilities can be found on the NewMo info sheet, which is available at the Senior Center or by email. It can also be found on the Senior Center’s website: <https://www.newtonma.gov/government/seniors>

Once a NewMo account has been created, seniors can pre-schedule rides to medical appointments in the NewMo service area. Requests can be made up to five days in advance or the day before an appointment by calling the call center by 5 pm. The number for the call center is 617-655-8019. 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. If your appointment is on a Tuesday after a Monday holiday, be sure to call by 5 p.m. the Friday before.

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 for NewMo or for the senior code to complete an account on the NewMo app, call Elizabeth Lund at 617-796-1665. She can also make an appointment for you to meet with a volunteer who will help you download and learn to use the app.

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 need to borrow equipment or 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 for a holiday. Please note that all pick-ups and donations are by appointment only.

Other Programs

Should You Delay Medicare Enrollment?

Most people first become eligible for Medicare when they turn 65. To have coverage begin the month of your 65th birthday, you must enroll during the three months prior to your birthday. Your Initial Enrollment Period (IEP) extends three months past your birthday month, but your effective date will be later than your birthday month. If you don't enroll during your IEP, you may have a lifetime penalty.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the penalty.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1675. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Get Your Senior 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.



- Current stickers (red) are available for purchase and will expire on **June 30, 2023**
- You can receive a sticker by mail-in or we offer limited drop-in hours to get your sticker. Please call 617-796-1675 for hours.

Mail-In Packets 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 \$3 per sticker (since there is only one year left before this sticker expires), one per vehicle, payable to the City of Newton. *Please make sure you include your phone number in case we have questions.* You can also pay online with credit card at 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).

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

Additional information about the Senior Parking Sticker can also be found on our website, www.newtonseniors.org under "General Services."

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

Non-Profit Org
U.S. Postage
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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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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.